

# Falls Church Recreation and Parks

Winter/Spring 2007

**Annual Easter Egg Hunt**  
**Falls Church City Art Show & Sale**  
**City of Falls Church Farmers' Market**  
**26th Annual Memorial Day Parade and Festival**

See page 4 for details



*photo by Gary Mester*

**Main Number: 703-248-5077**

**Inclement Weather/Open Gym Hotline: 703-248-5125**

**Special Events: 703-248-5178**

**Registration Dates**

**Residents: January 2**

**Non-Residents: January 9**

# General Information

## Registration Starts

Falls Church City Residents:

**Tuesday, January 2, 2007**

Non-City Residents:

**Tuesday, January 9, 2007**

## Registration Location

Falls Church Community Center  
223 Little Falls Street

## Registration Hours

<b>Monday-Thursday</b>	<b>8am to 10:30pm</b>
<b>Friday</b>	<b>8am to Midnight</b>
<b>Saturday</b>	<b>8:30am to Midnight</b>
<b>Sunday</b>	<b>12pm to 6pm (Jan-March)</b>
<b>Sunday</b>	<b>2pm to 6pm (April-Dec)</b>

## Mail-In Registration Starts

Falls Church City Residents:

**Tuesday, January 2, 2007**

Non-City Residents:

**Tuesday, January 9, 2007**

Please complete the Household Registration Form and include payment. **In-person registration takes priority over mail.** Registrations received prior to these dates will be held and included with the mail received on the first day of registration.

### Mail to

Falls Church Recreation & Parks Dept.  
223 Little Falls Street  
Falls Church, VA 22046-4304

### Phone-In

There will be no phone-in registration on the first day of resident (Jan. 2) and non-resident registration (Jan. 9). Phone-in registration will start on the second day of registration either January 3 or January 10.

**Note: In-person registration takes priority over mail and phone-in.** No applications will be processed prior to the beginning registration dates. Registrations received prior to these dates will be held and included with the mail received on the first day of registration. Phone-in registration with credit cards only.

### Register Early

All classes are filled on a first-come, first-served basis. **Deadlines to register are typically one week prior to the start of the class.** Early registration helps prevent cancellations.

## Refund Policy

### Fall, Winter, Spring and Summer Activities

The Recreation & Parks Department will provide a full credit or refund for an activity if the activity is cancelled by the Department, or upon request when schedule or location changes made by the Department prohibit or limit an individual's ability to attend an activity.

### Five or More Business Days Before Activity Starts

For any reason other than those noted above, a "Request for Refund/Household Credit" form must be completed and submitted at least five business days before the start of an activity.

- Requests for a *refund* made at least five business days before an activity starts will be granted, *less a 20% processing fee.*
- Requests for a *credit* made at least five business days before an activity starts will be granted, *less a 10% processing fee.*

### No Refunds Given Less Than Five Business Days Before Activity Starts

- Requests submitted less than five business days before an activity starts or after the activity starts, will only be granted **for medical reasons** (*doctor's note required*) or **for relocation of at least 25 miles** from the City of Falls Church.
- Refunds granted after an activity starts will be prorated to charge for the classes that have occurred and there will be a 20% processing fee.
- Credits granted after an activity starts will be prorated to charge for the classes that have occurred and there will be a 10% processing fee.

**No refunds or household credits will be given if the request for such is submitted after the activity has ended.**

The Recreation and Parks Department reserves the right to correct any misprinted item in this publication. Any corrections will be available at the Falls Church Community Center front desk.



Recreation and Parks Advisory Board

Robert Meeks, *Chair*  
Gerard Mene, *Vice Chair*  
Joyce Berg  
Charles O'Hara  
Lawrence Webb  
Ruth Rodgers, *Planning Commission Representative*  
Kathryn Chandler, *School Board Representative*

Recreation & Parks Staff

Howard E. Herman, *Director*  
Daniel J. Schlitt, *Facilities & Operation, Senior Program Supervisor*  
Jenny Elmore, *Hobby Classes & Special Events, Program Supervisor*  
Chris Madison, *Sport Coordinator, Program Supervisor*  
Debbie Wright, *Teen Recreation Specialist*  
Tracy Browand, *Senior Recreation Specialist*  
Diane Morse, *Cherry Hill Farmhouse Coordinator*  
Linda Weikle, *Senior Administrative Assistant*  
Allie Reckendorf, *Administrative Assistant*  
Lawrence Goff, *Crew Leader*  
*Parks and Landscape Maintenance*  
Charles Jones, *Landscape Maintenance Worker*  
Mike Batky, *Building Maintenance Worker*  
Juan Salguero, *Building Maintenance Worker*  
Sonny Sikhattana, *Building Maintenance Worker*

Phone Numbers

Recreation & Parks Division Office ..... 703-248-5077  
Falls Church Community Center..... 703-248-5077  
Falls Church Senior Center..... 703-248-5020  
Cherry Hill Farmhouse..... 703-248-5171  
Gym Hotline/Inclement Weather ..... 703-248-5125  
Special Events Hotline..... 703-248-5178  
Fax ..... 703-536-8150

Facility Locations

Falls Church Community Center  
223 Little Falls Street  
Cherry Hill Farmhouse  
312 Park Ave.  
George Mason High School  
7124 Leesburg Pike  
Mary Ellen Henderson Middle School  
7130 Leesburg Pike  
Thomas Jefferson Elementary  
601 S. Oak Street  
Mt. Daniel Elementary  
2328 N. Oak Street

Open Gym Hours

Register at the front desk before entering the gym  
City Residents: ..... Free  
Non-City Residents 5 and under: ..... Free  
Non-City Residents 6-18 or 65+: ..... \$2  
Non-City Residents 19-64: ..... \$3  
Hotline: ..... 703-248-5125  
Call for current schedule.

Youth Gym Time

Ages 18 and under only: Monday-Friday, 3-5pm.

Adult Gym Time

Ages 19 and over only: Monday, 8-10:30pm.

Hobby Class Holiday Schedule

No classes are held on these holidays unless otherwise noted.  
February 19-Presidents' Day  
April 2-7-Spring Break  
May 28-Memorial Day

Community Center Holiday Schedule

The building is closed on Sunday, April 8

Community Center Hours of Operation

Monday-Thursday:..... 8am-10:30pm  
Friday:..... 8am-12 midnight  
Saturday:..... 8:30am-12 midnight  
Sunday:..... 2-6pm (April-Dec) / 12-6pm (Jan-March)

Policy of Non-Discrimination on the Basis of Disability

The City of Falls Church does not discriminate on the basis of disability in its employment practices or in the admission to access to, or operation of its services, programs, or activities. Letha Flippin, 300 Park Ave., Falls Church, VA, has been designated to coordinate compliance with the ADA non-discrimination requirements. The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call 703-248-5077, (TTY 711).

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# General Information

## SPECIAL EVENTS

### Annual Easter Egg Hunt

**Saturday, April 7, 10am**

**Cherry Hill Park**

Hunt for candy and prize eggs! The Easter Bunny will visit and take pictures with all the children! Bring a basket to collect eggs! For more information, call **703-248-5178**.

**Rain Date: Monday, April 9, 4 pm**

### Falls Church Art Show & Sale

**Open to all city artists!**

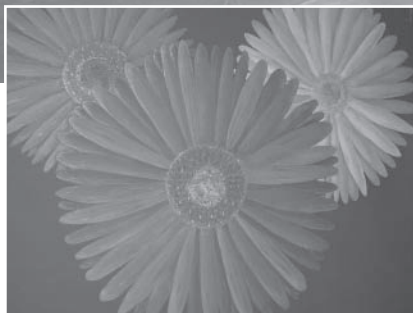
**Friday, April 27, 5-7pm**

**Saturday, April 28, Noon-4pm**

Outstanding works of art from Falls Church art students and the public. Free to the public. For submissions, call **703-248-5077**.



*photos by Gary Mester*



*photos by Gary Mester*

### Farmers' Market

**Now open year round!**

**Saturdays in City Hall Parking Lot, 300 Park Avenue**

**December 23, 2006-April 28, 2007**

**9am-Noon**

**May 5-December 15, 2007**

**8 am-Noon**

Enjoy fresh fruit, vegetables, flowers and more!

### 30th Annual Falls Church Open Tennis Tournament

**Registration begins March 19**

**Open to all interested tennis players**

The tournament is played May 21-June 17.

Draws are done on Friday, May 18. Players schedule own matches within a specified amount of time. Additional information, including categories and fees, is available by calling **703-248-5077**.

### 26th Annual Memorial Day Parade & Festival

**Monday, May 28th**

**9am-5pm**

**City Hall Grounds, 300 Park Avenue**

The day includes a 3K fun run, parade, Veterans Ceremony, craft and food booths, games, pony rides and much more.

### Special Services

**Farmers' Market:** Held every Saturday, 9am-noon from Dec 23-April 28 and 8am-Noon from May 5-Dec 15, in front of City Hall.

**Senior Metro Passes:** \$10 at the Falls Church Community Center, 223 Little Falls Street. Exact cash and Visa, Mastercard, American Express and Discover.

**Picnic Shelters:** Shelters in three City parks (Cherry Hill, Roberts, Madison and Berman Parks) can be reserved. Call 248-5077, Monday-Friday, 8am-5pm for availability, fees and application.

**Tennis Courts:** Lighted courts at Cavailier Trail Park, George Mason HS and the Community Center can be reserved by city residents. Unlighted courts on Cherry Street are first come, first served. Reservations for lighted courts can be made up to one day in advance. Please call 248-5077 for reservations.



## Registration Starts

Falls Church City Residents: **Tuesday, January 2, 2007**

Non-City Residents: **Tuesday, January 9, 2007**

## How To Register

**WALK-IN:** at the Falls Church Community Center, 223 Little Falls St. We accept checks, cash (exact change only), credit cards, and debit cards. Once you have entered our computer system, there are no registration forms to fill out!

**MAIL-IN:** Mail-in registrations are processed the second day of registration. Complete the Household Registration Form (located on the back inside cover), include payment by check or with a credit card and mail to:

**Falls Church Recreation & Parks**

**223 Little Falls St., Falls Church, VA 22046**

**PHONE-IN:** There will be no phone-in registration on the first day of resident or non-resident registration. Phone-in registration can start on the second day of registration either January 3 or January 10. To register by phone, please call **703-248-5077**.

**Note: In-person registration takes priority over mail and phone-in.** No applications will be processed prior to the beginning registration dates. Registrations received prior to these dates will be held and included with the mail received on the first day of registration. Phone-in registration with credit cards only.

## CHARGE IT!

We accept **DISCOVER, VISA, MASTERCARD and AMERICAN EXPRESS**. Checks should be made payable to the "City of Falls Church."

**Fees:** Payment must accompany registration.

**Confirmations:** You will be notified if the class is cancelled or changed. Your receipt provides you with class information including start date, time and location.

**Register Early:** All classes are filled on a first-come, first-served basis. Deadlines to register are normally one-week prior to the start of the class.

**Late Registration & Transfers:** Late registrations and transfers are accepted if an opening is available.

**Senior Citizens:** Senior Citizens (65+) residing in the City of Falls Church will receive a 50% discount on registration fees only. All supply or material fees must be paid in full.

**Financial Aid:** Financial aid is available for City of Falls Church residents only. Forms are available in the main office or call 248-5077 for more information.

**Refund Policy:** The Recreation & Parks Department refund policy can be found on page 2.

**INCLEMENT WEATHER POLICY:** Programs, activities and classes are divided into day and evening sessions. The Day Session includes all activities that take place or start between the hours of 8am and 3pm. The Evening Session includes all activities that take place or start after 3pm. Depending on weather conditions, it is possible that activities may be cancelled for the day session and held for the evening session or vice versa. **For up-to-date information, please call the inclement weather hotline at 703-248-5125.**

**Holidays:** Classes will not be held on City-observed legal holidays unless otherwise noted. Holidays falling in this class session are: February 19, April 2-7 and May 28.



Primary Household Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone Number: ( ) \_\_\_\_\_ Work Phone Number: ( ) \_\_\_\_\_

Emergency Contact and Phone Number: \_\_\_\_\_

☐ Special Assistance is needed for one or more of individuals listed on registration.

Please Explain: \_\_\_\_\_

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advice of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Signature of parent/guardian if under 18)

Payment Method: ☐ Check ☐ Credit Card - circle: Visa, Mastercard, American Express, Discover

Credit Card Number: \_\_\_\_\_ Exp Date: \_\_\_\_\_

Participant Name	Male/Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Please read class information carefully and make checks payable to City of Falls Church.					<b>Total</b>



# Cherry Hill Farmhouse



**Cherry Hill Farmhouse**  
312 Park Avenue  
703-248-5171

The Cherry Hill Farmhouse is located on Park Avenue, near City Hall and the Falls Church Community Center. The house hosts special events and is available for rent for special occasions.

Cherry Hill Farmhouse was built in 1845. The well-preserved house is an excellent example of a Greek Revival style framed home of the period. Today the house is fully furnished with antiques of the mid-19th century. Historic interpretations of the house focus on the time period 1856-1865 when the Blaisdell family lived at Cherry Hill.

William Blaisdell purchased the 73-acre farm in 1856. He sold his produce at the Centre Market in Washington, D.C. Mr. Blaisdell managed to successfully farm the property through the Civil War. The City of Falls Church now owns Cherry Hill. The household furnishings and antique tool collection in the barn are owned by the Friends of Cherry Hill Foundation. Today reenactments, concerts, readings, lectures, and teas take place at Cherry Hill throughout the year. Special tours can be arranged for large groups, scout troops and school children by calling 703-248-5171. The house is open to the public between the hours of 10am and 3pm, Monday through Thursday. April through October the house is also open on Saturdays between the hours of 10am to 1pm.

Cherry Hill can also be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. The house capacity is 50 people for a standing event and 20 for a seated event. For larger parties, the outside grounds can be used and a tent is recommended. Reservations are made through the Recreation and Parks Division at 703-248-5077. For more information on any events taking place at Cherry Hill, call Diane Morse at 703-248-5171.

## Events at Cherry Hill Farmhouse

### Valentine Storytelling for Adults

**Thursday, February 8 at 8pm**

Listen to tales of love by candlelight in the historic Cherry Hill Farmhouse. **Fee:** \$2.00 per person. Call 703-248-5171 for reservations.

### Valentine Tea

**Sunday, February 11 at 2pm**

Bring a special person to tea and listen to a costumed docent's entertaining talk on the history of valentine traditions. Then enjoy a full tea in the lovely dining room. The tea includes finger sandwiches, assorted sweets, warm scones and tea.

**Fee:** \$22.00 per person. Call 703-248-5171 for reservations.

### 19th Century Dress Up Party

**Saturday, January 20 from Noon-2pm**

Learn about 19th century dress and manners, try on our period clothing, play parlor games and have tea in the dining room. **Fee:** \$10.00. Ages 8 and up. Call 703-248-5171 for reservations.

### Celtic Music Concert

**Friday, March 16 at 8pm**

Enjoy a lively evening of acoustic Celtic music.

**Fee:** \$12.00 per person. Tickets may be purchased in advance at the Community Center. Advanced purchase is recommended as seating is limited.

### Spring Vacation Fun at Cherry Hill

**Tuesday, April 3 from 10am-Noon**

**Old-fashioned Cooking Class for Kids** – Learn how to grind corn, make bread and churn butter. Ages 8 and up.

**Fee:** \$8.00. Call 703-248-5171 for reservations.

### Archaeology Day at Cherry Hill

**Thursday, April 5 from 10am-Noon**

Kids will examine artifacts from Cherry Hill's past and become amateur archaeologists as they try to piece together artifacts found at Cherry Hill. Afterwards they will make Indian pouch bags to collect their own future discoveries. Ages 8 and up.

**Fee:** \$8.00. Call 703-248-5171 for reservations.

### Falls Church Civil War Day

**Saturday, May 19 from 10am-3pm**

Learn about Falls Church during the Civil War as reenactors portray citizens and soldiers from the period. **Free admission.**

Call 703-248-5171 for more information.





## PRESCHOOL

The program focuses on fun and positive learning experiences for 3-5 year olds with activities centered around arts & crafts, music, drama, and games. Through these mediums the focus on coloring, painting, cutting, shape, letter, and number recognition provide experiences which prepare a child for a smooth transition to kindergarten, and while learning responsibility and good social skills the child is enabled to grow as an individual. Our qualified staff and small class (ratio of 16:2) make a safe program for everyone; we are licensed by the State of Virginia Department of Social Services. **Children must be potty-trained.** Proof of age via birth certificate and physical and immunization report is required the first day of the program.

**Instructor:** Alison Collins **Location:** Preschool Room



### Winter/Spring Session Preschool – Juniors

(Birth dates Oct. 1, 2002-Sept. 31, 2003)

**Tuesdays & Thursdays: 9am-Noon**

**211001-A Class Dates:** January 4-May 24 (21 weeks)

No class April 3 and April 5.

**Fees:** Residents: \$588 / Non-Residents: \$598

### Preschool – Seniors

(Birth dates Oct. 1, 2001-Sept. 31, 2002)

**Mondays, Wednesdays, & Fridays: 9am-Noon**

**211002-A Class Dates:** January 3-May 25 (21 weeks)

No class January 15, February 19, and April 2-6.

**Fees:** R: \$840 / NR: \$850

### Summer Session: Now available for registration! Preschool – Juniors

(Birth dates Oct. 1, 2002-Sept. 31, 2003)

**Tuesdays & Thursdays: 9am-Noon**

**311001-A Class Dates:** May 29-July 14 (3 weeks)

**Fees:** R: \$90 / NR: \$100

### Preschool – Seniors

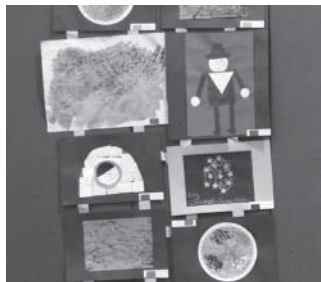
(Birth dates Oct. 1, 2001-Sept. 31, 2002)

**Mondays, Wednesdays, & Fridays: 9 am - Noon**

**311002-A Class Dates:** May 28-July 20 (3 weeks)

No class on July 4th

**Fees:** R: \$135 / NR: \$145



### Pre-Kindergarten Readiness Class

**Age 4 (Children entering Kindergarten in September 2006)**

This program will offer your child opportunities to enhance and strengthen independent learning abilities in a productive and positive classroom set-up. Over and above the preschool program guidelines, your child will have a chance to participate in activities that revolve around seasonal themes accentuated to encourage cognitive thinking as well as initiate basic reading, writing and conversational skills. **Children must be potty-trained.** Proof of age via birth certificate and physical and immunization report is required the first day of the program. You are encouraged to enroll for the remainder of the year by placing a \$100 non-refundable deposit on the following session which will assure your spot for the entire year. The balance of the fees are due one week before the session begins.

**Instructor:** Sue John

**Location:** Preschool Room

**Tuesdays and Thursdays: 1-4pm**

**211003-C Class Dates:** January 4 - May 24

(No class April 3 and April 5.)

**Fees:** R: \$588 / NR: \$598

### Tot Time

Every Friday in the Falls Church Community Center Gym from 10am-12pm. Bring your preschoolers and watch them climb over mats and through tunnels. Tricycles and equipment provided. No strollers or food in the gym. Tot Time will not be held on Nov 24, Dec 15 & 22, April 13 & 27 and May 4. Times subject to change. FREE! Held until May 25. Call **703-248-5125** for updated information.

This program is not held when special events are in the gym or if the Community Center is closed for a holiday.

# Preschool Classes

## Music Together® Ages Birth-5

Music Together is a community of families sharing songs, instrument play, rhythm chants, and movement and dance activities in a relaxed, playful, non-performance-oriented setting. Music Together classes build on your child's natural enthusiasm for music and movement to develop her or his musical skills. Parents or caregivers participate with child, ages birth to five years old. All classes made up of family-style classes of mixed ages. Babies 8 months and younger attend FREE with registered sibling. \$10 discount for siblings, which is reflected in the sibling fee. Please visit: [www.musicwithmaddy.com](http://www.musicwithmaddy.com)



### **Mondays: January 15-March 19 (9 weeks)**

**Instructor:** Maddy O'Neill-Dean

**Location:** Community Room

(Please note: This class will be held on Jan 15 and Feb 19)

**210608-A** 9-9:45am

**210608-B** 10-10:45am

**210608-C** 11-11:45am

**210608-D** 12:15-1:00pm (Art Room)

**Family fee:** \$35 is due to instructor at the first class (includes 2 CDs and Songbook for semester's music). One per family.

**Fees:** First Child: R: \$150 / NR: \$160

Sibling: R: \$140 / NR: \$150

**Free Demonstration Class:** Mon, January 8 at 10am

### **Mondays: April 16-June 18 (10 weeks)**

(no class on May 28)

**Instructor:** Maddy O'Neill-Dean

**Location:** Community Room

**210608-E** 9-9:45am

**210608-F** 10-10:45am

**210608-G** 11-11:45am

**210608-H** 12:15-1:00pm

**Family fee:** \$35 is due to instructor at the first class (includes 2 CDs and Songbook for semester's music). One per family.

**Fees:** First Child R: \$135 / NR: \$145

Sibling: R: \$125 / NR: \$135

**Free Demonstration Class:** Mon, April 9 at 10am

### **Tuesdays: January 16-March 20 (9 weeks)**

**Instructor:** Maddy O'Neill-Dean

**Location:** Community Room

**210608-I** 9-9:45am

**210608-J** 10-10:45am

**210608-K** 11-11:45am

**210608-L** 3:30-4:15pm

**Family fee:** \$35 is due to instructor at the first class (includes 2 CDs and Songbook for semester's music). One per family.

**Fees:** First Child: R: \$150 / NR: \$160

Sibling: R: \$140 / NR: \$150

**Free Demonstration Class:** Tues, Jan 9 at 10am

### **Tuesdays: April 10-June 19 (10 weeks)**

**Instructor:** Maddy O'Neill-Dean

**Location:** Community Room

**210608-M** 9-9:45am

**210608-N** 10-10:45am

**210608-O** 11-11:45am

**210608-P** 3:30-4:15pm

**Family fee:** \$35 is due to instructor at the first class (includes 2 CDs and Songbook for semester's music). One per family.

**Fees:** First Child: R: \$135 / NR: \$145

Sibling: R: \$125 / NR: \$135

**Free Demonstration Class:** Tues, April 10 at 10am

## **Early Childhood STEP Parenting**

### **(Systematic Training for Effective Parenting for Children Under Six)**

**Maddy O'Neil-Dean, MSW**

Parents are constantly exposed to advice on how to raise their children. Early Childhood STEP offers parents practical and effective ways to relate to their children. STEP gives parents information and skills. Sessions are supportive, friendly, and thought-provoking. Topics covered include understanding young children's behavior and misbehavior, discipline, listening and talking to young children, and understanding children's emotional and social development.

**For information contact [maddy505@aol.com](mailto:maddy505@aol.com)**

**251001-A Class Dates:** Thursdays March 22-April 26 (no class 4/5)

**Location:** Art Room **Time:** 7-9pm

**251001-B Class Dates:** Thursdays May 10-June 7

**Location:** Art Room **Time:** 7-9pm

**Fees:** R: \$110/ NR:\$120 per adult or couple.

**\$15 paid to instructor for Early Childhood STEP Book**





## Classic Tales 'n' Tunes®

### Ages 18 months-under 5

Classic Tales 'n' Tunes® joyfully welcomes young children to the world around them with a dynamic curriculum and a variety of fun activities: reading stories, making music, enjoying puppetry, exploring gross motor equipment, and playing interactive games. Each theme-oriented lesson features a rich diversity of music and literature from different genres and cultures. Spanish and American Sign Language, our country's 2nd and 3rd most common languages, are blended into the curriculum, promoting an environment that is friendly, diverse and inclusive. This celebrated multi-sensory program nurtures cognitive, language, motor, social and emotional skills as well as musicality and creativity. Loving caregivers participate with the children and learn new skills too. FREE monthly newsletters keep families updated! Siblings 11 months or younger attend FREE with registered student. Please visit [www.classictnt.com](http://www.classictnt.com) and see why parents say that Classic Tales 'n' Tunes® "has it all!"



### Wednesdays: January 24-March 21 (9 weeks)

**Instructor:** Susan Hayes

**Location:** Community Room

**210211-1** 8:15-9:00am

**210211-2** 9:15-10:00am

**210211-3** 10:15-11:00am

**210211-4** 11:15am-12:00pm

**210211-5** 1:45pm-2:30pm

**Fees:** R: \$126 / NR: \$136

**Free Trial Classes:** Wednesday, January 17

Please register to avoid overcrowding

**210211-6** 8:15am

**210211-A** 9:15am

**210211-B** 10:15am

**210211-C** 11:15am

**210211-D** 1:45pm

### Saturdays: January 27-March 10 (7 weeks)

**Instructor:** Jody Katz

**Location:** Community Room

**210211-E** 9:30-10:15am

**210211-F** 10:30-11:15am

**210211-G** 11:30-12:15pm

**Fees:** R: \$98 / NR: \$108

**Free Trial Classes:** Saturday, January 20

Please register to avoid overcrowding

**210211-H** 9:30am

**210211-I** 10:30am

**210211-J** 11:30am



### Wednesdays: April 18-June 6 (8 weeks)

**Instructor:** Susan Hayes

**Location:** Community Room

**210211-K** 8:15-9:00am

**210211-L** 9:15-10:00am

**210211-M** 10:15-11:00am

**210211-N** 11:15am-12:00pm

**210211-O** 1:45pm-2:30pm

**Fees:** R: \$112 / NR: \$122

**Free Trial Classes:** Wednesday, Apr 11

Please register to avoid overcrowding

**210211-P** 8:15am

**210211-Q** 9:15am

**210211-R** 10:15am

**210211-S** 11:15am

**210211-T** 1:45pm

### Saturdays: April 21-June 2 (7 weeks)

**Instructor:** Jody Katz

**Location:** Community Room

**210211-U** 9:30-10:15am

**210211-V** 10:30-11:15am

**210211-W** 11:30-12:15pm

**Fees:** R: \$98 / NR: \$108

**Free Trial Classes:** Saturday, April 14

Please register to avoid overcrowding

**210211-X** 9:30am

**210211-Y** 10:30am

**210211-Z** 11:30am



# Preschool Classes

**NEW!**

## Mom & Toddler Workout

Moms, keep fit in a workout class that includes your toddler! This efficient, child-friendly exercise format for both mom and toddlers (aged 1-3) includes a variety of strength, cardio, and flexibility work, incorporating yoga asanas, step, resistance bands, free weights, calisthenics, partner work, stretching and children's music/circle/together time.

**Instructor:** BodyMoves Fitness **Location:** Community Room

**210402-A Class Dates:** Thursdays, January 25-March 29

**Time:** 11:00am-12noon **Fees:** R: \$120 / NR: \$130

## Yoga for Momma and Baby

Mommamas and babies (6-18 months) can play, bond, and stretch in this fun yoga class with music, baby yoga activities and games. At the same time strengthen and tone your body, relieve physical and mental stress, and enjoy meeting other mothers and babies.

**After class, visit Falls Church's open gym for babies and tots (Fridays 10am to noon) for a morning full of fun!**

**Instructor:** Unyong Kim Waide & Nora Waide!

**Location:** Art Room

**250403-A Class Dates:** Fridays, Jan 26-Feb 23

**Time:** 9:15-10am **Fees:** R: \$65 / NR: \$75

**250403-B Class Dates:** Fridays, March 9-30

**Time:** 9:15-10am **Fees:** R: \$50 / NR: \$60

**250403-C Class Dates:** Fridays, April 13-May 11

**Time:** 9:15-10am **Fees:** R: \$65 / NR: \$75

## ABRAKADOODLE ART CLASSES

### Twoosy Doodlers Ages 20-36 months

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too.

**Instructor:** Abrakadoodle **Location:** Art Room

**210101-A Class Dates:** Wednesdays, January 24-February 28

**Time:** 9:15-9:55am **Fees:** R: \$75 / NR: \$85

**210101-B Class Dates:** Wednesdays, January 24-February 28

**Time:** 11:15-11:55am **Fees:** R: \$75 / NR: \$85

**210101-C Class Dates:** Saturdays, January 27-March 3

**Time:** 10:15-10:55am **Fees:** R: \$75 / NR: \$85

**210101-D Class Dates:** Wednesdays, March 14-April 25  
(no class 4/4)

**Time:** 9:15-9:55am **Fees:** R: \$75 / NR: \$85

**210101-E Class Dates:** Wednesdays, March 14-April 25  
(no class 4/4)

**Time:** 11:15-11:55am **Fees:** R: \$75 / NR: \$85

**210101-F Class Dates:** Saturdays, March 17-April 28  
(no class 4/7)

**Time:** 10:15-10:55am **Fees:** R: \$75 / NR: \$85

Material fee of \$24 due at first class. Make check payable to Abrakadoodle.



### Mini-Doodlers Ages 3-6

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, the children create masterpieces that are truly unique.

**Instructor:** Abrakadoodle **Location:** Art Room

**210102-A Class Dates:** Wednesdays, January 24-February 28

**Time:** 10:15-11am **Fees:** R: \$84 / NR: \$94

**210102-B Class Dates:** Saturdays, January 27-March 3

**Time:** 11:15-Noon **Fees:** R: \$84 / NR: \$94

**210102-C Class Dates:** Wednesdays, March 14 - April 25  
(no class 4/4)

**Time:** 10:15-11am **Fees:** R: \$84 / NR: \$94

**210102-D Class Dates:** Saturdays, March 17 - April 28  
(no class 4/7)

**Time:** 11:15-Noon **Fees:** R: \$84 / NR: \$94

Material fee of \$24 due at first class. Make check payable to Abrakadoodle.

### Doodlers 1st-6th Graders

Children create their own unique masterpieces through painting, drawing and exploring creative materials. Each lesson introduces children to new techniques and artists' styles. The teacher provides guidance and inspiration. Classes help children develop both skills and confidence!

**Location:** Art Room

**Instructor:** Abrakadoodle

**Saturdays: 1-2pm**

**220101-A** Jan 27-March 3

**220101-B** March 17-April 28 (no class 4/7)

**Fees:** R: \$95 / NR: \$105

Material fee of \$24 due at first class.

Make check payable to Abrakadoodle



# Falls Church Dance Program

## DANCE PROGRAM

Welcome to the Winter-Spring session of the Falls Church Dance Program. Below is some helpful information for parents and dancers. Please be sure to read all information carefully. If you have any questions or need further information please contact the Falls Church Recreation and Parks Department at 703-248-5077.

- **Registration:** To accommodate as many students as possible, we recommend parents come to registration with at least three class options. Waitlisted students will only be accommodated, if an enrolled student removes themselves from the class.
- **Falls Church Ballet Program:** All classes in the Falls Church Ballet Program require a teacher referral, as experience is required for these more intensive classes. Please speak with your child's teacher if you have questions about which class is appropriate for them to attend.
- **Spring Recitals:** This semester will conclude with our two annual spring recitals. We will have one recital for Preschool A&B classes on Saturday, April 28<sup>th</sup>. The second recital will be for all other classes on Saturday, June 2<sup>nd</sup>. Both recitals will be held at the George Mason High School auditorium and show times will be announced at a later date.
- **Costumes:** Please note that this year, all costume fees for the spring recital have been included in the class fee. You will only need to pay one fee for both the class instruction and recital costume. If your child will not participate in the recital, please inform staff at the time of registration. You will then be required to complete a waiver form. You may choose either a household credit or a refund check that will be mailed to your home for the price of the costume. No costume will be ordered for your child.

## CLASS DESCRIPTIONS

**PRESCHOOL CLASSES:** 2-5 year olds

**LEVEL I CLASSES:** Kindergarten-1st graders.

**LEVEL II CLASSES:** 2nd-3rd graders. No experience necessary.

**LEVEL III CLASSES:** 4th-6th graders. No experience necessary unless otherwise noted.

**PRESCHOOL DANCE** is designed as an introduction to dance, movement and expression. Emphasis will be placed on ballet basics. Parents or guardians must stay on premises but not in classroom for the 2 to 3 year old class. Please note designated ages in classes. Tap may be introduced for short periods.

**DANCE FOR MUSICAL THEATRE** This class will bring together dance and theatre. Props will be used to give students the feeling of performing in musical theatre along with teaching facial expressions and exaggerated movements needed for dance in theatre.

**JAZZ-HIP HOP** Very exciting dance style, done to your favorite popular music! Learn the moves you see on MTV!

## SHOES:

**Preschool A** - No special shoes or clothing required.

**Preschool B/C** - Ballet shoes recommended, tap shoes or "noisy" shoes recommended.

**Ballet I, II, III** - Ballet shoes required.

**Tap/Jazz I, II, III** - Tap shoes and ballet or jazz shoes required.

**Jazz I, II** - Jazz or ballet shoes required

**Ballet/Tap/Jazz I** - Ballet and tap shoes required.

**Dance Musical Theater and Hip Hop** - No special shoes required.

**Class Dates: January 22 - May 19**

**No classes on Feb 19 and April 2-6**

**Class Location: Community Center Dance Studio**



## PRESCHOOL A Age 2

<b>210203-A</b>	<b>Preschool A</b>	
Tuesdays	9:30-10am	Culpepper
<b>210203-B</b>	<b>Preschool A</b>	
Tuesdays	11-11:30am	Culpepper
<b>210203-C</b>	<b>Preschool A</b>	
Wednesdays	12:30-1pm	Culpepper
<b>210203-D</b>	<b>Preschool A</b>	
Thursdays	9-9:30am	Smith
<b>210203-E</b>	<b>Preschool A</b>	
Saturdays	9:30-10am	Foster

**Fees:** R: \$90 / NR: \$100 Costume Fee is included in class price.

## PRESCHOOL B Age 3

<b>210203-F</b>	<b>Preschool B</b>	
Mondays	4:15-5pm	Ohr
<b>210203-G</b>	<b>Preschool B</b>	
Tuesdays	10-10:45am	Culpepper
<b>210203-H</b>	<b>Preschool B</b>	
Wednesdays	1-1:45pm	Culpepper
<b>210203-I</b>	<b>Preschool B</b>	
Wednesdays	3:30-4:15pm	Allen
<b>210203-J</b>	<b>Preschool B</b>	
Thursdays	9:30-10:15am	Smith
<b>210203-K</b>	<b>Preschool B</b>	
Saturdays	11:15-12pm	Foster

**Fees:** R: \$119 / NR: \$129 Costume Fee is included in class price.





# Falls Church Dance Program

## PRESCHOOL C Age 4

### 210203-L Preschool C

Mondays 4:15-5pm Ohr

**Fees:** R: \$119 / NR: \$129 Costume Fee is included in class price.

### 210203-M Preschool C

Tuesdays 11:30-12:15pm Culpepper

### 210203-N Preschool C

Tuesdays 3:30-4:15pm Allen

### 210203-O Preschool C

Wednesdays 1:45-2:30pm Culpepper

### 210203-P Preschool C

Thursdays 10:15-11:00am Smith

### 210203-Q Preschool C

Saturdays 12-12:45pm Foster

**Fees:** R: \$124 / NR: \$134 Costume Fee is included in class price.

## Level I Kindergarten-1st graders

No experience necessary. Many Ballet I classes coordinate with a Tap Jazz I class. Also see our Ballet Program schedule on page 12 for additional classes offered for this age group.

### 220220-A Ballet I

Mondays 2:15-3pm Allen

**Fee:** R: \$129 / NR: \$139 Costume Fee is included in class price.

### 220220-B Ballet I

Thursdays 4:30-5:15pm Culpepper

### 220220-C Ballet I

Saturdays 12:45-1:30pm Jones

### 220238-A Tap/Jazz I

Tuesdays 5-5:45pm Allen

### 220238-B Tap/Jazz I

Thursdays 5:15-6pm Culpepper

**Fees:** R: \$134 / NR: \$144

### 220254-A Ballet/Tap/Jazz I

Mondays 3-4pm Allen

**Fees:** R: \$167 / NR: \$177

### 220254-B Ballet/Tap/Jazz I

Wednesdays 5-6pm Allen

### 220254-C Ballet/Tap/Jazz I

Fridays 4:15-5:15pm Allen/Duning

### 220254-D Ballet/Tap/Jazz I

Saturdays 10:15-11:15am Foster

**Fees:** R: \$174 / NR: \$184 Costume Fee is included in class price.

### 220260-A Dance for Musical Theatre

Mondays 4:30-5:30pm Newton

**Fees:** R: \$157 / NR: \$167

### 220260-B Dance for Musical Theatre I/II

Fridays 5:15-6:15pm Allen/Duning

**Fees:** R: \$164 / NR: \$174 Costume Fee is included in class price.

### 220247-A Jazz/Hip-Hop I/II

Wednesdays 4:15-5pm Allen

**Fees:** R: \$144 / NR: \$154 Costume Fee is included in class price.



## Level II 2nd-3rd graders

No experience necessary.

### 220222-A Ballet II/III

Mondays 5:30-6:30pm Newton

**Fees:** R: \$101 / NR: \$110 Costume Fee is included in class price.

### 220229-A Ballet/Tap/Jazz II

Saturdays 1:30-2:45pm Jones

**Fees:** R: \$204 / NR: \$214

### 220260-B Dance for Musical Theatre I/II

Fridays 4:15-5:15pm Allen/Duning

**Fees:** R: \$164 / NR: \$174

### 220260-C Dance for Musical Theatre II/III

Mondays 4:15-5:15pm Allen

**Fees:** R: \$157 / NR: \$167 Costume Fee is included in class price.

### 220231-A Tap/Jazz II/III

Tuesdays 4:15-5pm Allen

**Fees:** R: \$134 / NR: \$144 Costume Fee is included in class price.

### 220231-B Jazz II/III

Mondays 5:45-6:30pm Ohr

**Fees:** R: \$129 / \$139 Costume Fee is included in class price.

### 220249-A Jazz/Hip-Hop II/II

Fridays 6:15-7pm Allen/Duning

**Fees:** R: \$174 / NR: \$184 Costume Fee is included in class price.

## Level III 4th-6th graders

No experience necessary.

### 240223-A Creative Dance

Wednesdays 6:15-7:15pm Culpepper

**Fees:** R: \$164 / NR: \$174 Costume Fee is included in class price.

### 220222-A Ballet II/III

Mondays 5:30-6:30pm Newton

**Fees:** R: \$101 / NR: \$110 Costume Fee is included in class price.

### 220260-C Dance for Musical Theatre II/III

Mondays 4:15-5:15pm Allen

**Fees:** R: \$157 / NR: \$167 Costume Fee is included in class price.

### 220231-A Tap/Jazz II/III

Tuesdays 4:15-5pm Allen

**Fees:** R: \$134 / NR: \$144 Costume Fee is included in class price.

### 220231-B Jazz II/III

Mondays 5:45-6:30pm Ohr

**Fees:** R: \$129 / \$139 Costume Fee is included in class price.



# Falls Church Dance Program

## FALLS CHURCH BALLET PROGRAM

### For children, Kindergarten and up

The following classes are designed for students who want to pursue a more intensive ballet program. All students are guaranteed a place in the appropriate class based on ability.

**Registration for Elementary, Pre-Intermediate Ballet, Intermediate Ballet, Advanced Ballet and Pointe requires a written referral from the instructor prior to registration.**

Students must be proficient in appropriate steps at the specific level and have instructor's approval in order to advance to the next level. It is required all students wear leather or canvas ballet slippers with leather sole. For more information, please contact 703-248-5077. No class on February 19 and April 2-6.

### Elementary Ballet

Basic knowledge and exposure to all five positions for feet and arms. Will gain knowledge of first, second, and third positions.

**Instructor placement required. Choose one class weekly.**

**220227-A Tuesdays** O'Hara 4:15-5pm

**Fees:** R: \$134 / NR: \$144 Costume Fee is included in class price.

**220227-B Wednesdays** Culpepper 4:30-5:30pm

**Fees:** R: \$134 / NR: \$144 Costume Fee is included in class price.

### Intermediate Ballet

Instructor placement required. Must attend Thursday class and taking Tuesday class as well is strongly recommended. No student may register for Tuesday class unless enrolled in Thursday class.

**220226-A Thursdays (Required)** Autor 6:45-8pm

**Fees:** R: \$204 / NR: \$214 Costume Fee is included in class price.

**220226-B Tuesdays** O'Hara 5-5:45pm

**Fees:** R: \$45 / NR: \$55

### Advanced Ballet

Students must attend both classes unless other arrangements have been made with instructor. Mastery of feet and arm positions. **Instructor placement required.**

**220225-A Thursdays** Autor 8-9pm

**Saturdays** Autor 10:15-11:45am

**Fees:** R: \$263 / NR: \$273 Costume Fee is included in class price.

### Pointe and Pre-Pointe

Instructor placement required. Students must attend both classes unless other arrangements are made with instructor.

**220225-B Thursdays** Autor 8-9pm

**Saturdays** Autor 10:15-12:45am

**Fees:** R: \$263 / NR: \$273 \*Costume Fee included

## Baton Twirling Ages 6-13

Learn the basics of an awesome and amazing skill! Students will be taught fundamentals of baton twirling as well as bodywork and marching. Baton twirling improves flexibility, coordination and confidence levels

**Instructor:** Jessica Kubik **Location:** Art Room

**220701-A Class Dates:** Mondays, January 22-March 5 (no class 2/19)

**Time:** 6:30-7:30pm **Fees:** R: \$42 / NR: \$52

**220701-B Class Dates:** Mondays, March 12-April 23 (no class 4/2)

**Time:** 6:30-7:30pm **Fees:** R: \$42 / NR: \$52

Baton fee of \$15 due to the instructor at first class.

## Dance with Me Class Grades K-3

A special time for parents/caretakers and children to enjoy exercise, music and dance together.

**Instructor:** Sue Culpepper **Location:** Dance Studio

**220242-A Class Dates:** Wednesdays, Jan 24-May 16 (no class 4/4)

**Time:** 5:30-6:15pm **Fees:** R: \$89 / NR: \$99

## Preschool Dance with Me Class Ages 2-5

This class is designed for both parents/caretakers and your preschooler. Learn dances together while having a great time!

**Instructor:** Sue Culpepper **Location:** Dance Studio

**220242-A Class Dates:** Wednesdays, Jan 24-May 16 (no class 4/4)

**Time:** 2:30-3pm **Fees:** R: \$60 / NR: \$70

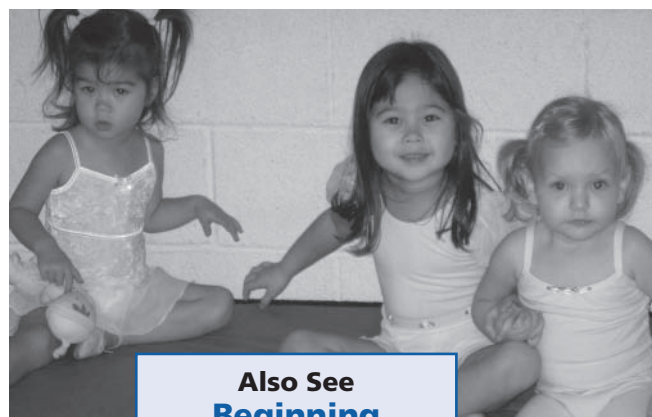
## Creative Dance 3-6th Graders

This ballet class is designed for students in 3rd-6th grade who would like a more expressive, creative approach to a study of dance. Instruction will incorporate elements of modern, jazz and creative movement and expression.

**Location:** Dance Studio **Instructor:** Sue Culpepper

**240223-A Class Dates:** Wednesdays, Jan 24-May 16

**Time:** 6:15-7:15pm **Fees:** R: \$91 / NR: \$101



**Also See  
Beginning  
Salsa Dance  
Page 23**

# Youth and Teen Classes

## YOUTH AND TEEN CLASSES

### Doodlers 1st-6th Graders

Children create their own unique masterpieces through painting, drawing and exploring creative materials. Each lesson introduces children to new techniques and artists' styles. The teacher provides guidance and inspiration. Classes help children develop both skills and confidence!

**Location:** Art Room

**Instructor:** Abrakadoodle

**Saturdays: 1-2pm**

**220101-A** Jan 27-March 3

**220101-B** March 17-April 28 (no class 4/7)

**Fees:** R: \$95 / NR: \$105

Material fee of \$24 due at first class. Make check payable to Abrakadoodle

### Karate Ages 9 and older

Fundamentals are taught based on traditional Korean Martial Arts. Students taught basic blocks, punches, kicks, as well as self-defense techniques and forms (Katas). Progress is at the student's own pace. Children and adults (including parents) are welcome. Beginning students are not required nor expected to have uniforms. More information is available at:

**www.StratfordKarate.org.**

**Instructor:** Bill Kennedy

#### Beginning:

**250502-A Location:** Dance Studio

**Class Dates:** Mondays, Jan 22-May 14 (no class 2/19 & 4/2)

**Time:** 7-8pm **Fees:** R: \$105 / NR: \$115

#### Intermediate:

**250502-B Location:** Dance Studio

**Class Dates:** Mondays, Jan 22-May 14 (no class 2/19 & 4/2)

**Time:** 8:15-9:15pm **Fees:** R: \$105 / NR: \$115

### Advanced Karate Ages 13 and older

For students with experience in Martial Arts. Class is focused on advancing student techniques in the Korean style Tang Soo Do method. Students build on fundamentals learned in the Beginning and Intermediate programs. Belt level advancement is based on each student's pace. Uniforms and sparring equipment are required. More information is available at:

**www.StratfordKarate.org.**

**Instructor:** Rick Hathaway

**250502-C Location:** Dance Studio

**Class Dates:** Thursdays, Jan 25-May 17 (no class 4/5)

**Time:** 7-8pm

**Fees:** R: \$112 / NR: \$124

### Black Belt Karate Ages 16 and older

A class specifically for Black Belts of any style. This rarely offered class will explore Martial Arts beyond the first Black Belt dan. Black Belt forms necessary for second dan (degree) in Tang Soo Do will be taught. Students will be encouraged to learn the techniques to the rest of the class. This seminar-style class will be led by two 3rd dan Tang Soo Do instructors with advanced 'guest' instructors from the local area, as available. More information is available at: [www.StratfordKarate.org](http://www.StratfordKarate.org).

**Instructor:** Bill Kennedy & Rick Hathaway

**250502-D Location:** Dance Studio

**Class Dates:** Thursdays, Jan 25-May 17 (no class 4/5)

**Time:** 8:15-9:15pm

### Babysitting Fundamentals I Ages 8 & up

Join us as we discuss effective strategies for becoming an "excellent" babysitter. We'll address childcare, safety procedures, methods for entertaining children, wages and advertising for jobs. This course is designed for the beginning babysitter.

**Instructor:** Karen Howenstein

**221001-A Location:** George Mason High School in the Home Economics Room

**Class Date:** Sat, Feb 3 **Time:** 9am-Noon

**221001-B Location:** George Mason High School in the Home Economics Room

**Class Date:** Sat, April 21 **Time:** 9am-Noon

**Fees:** R: \$30 / NR: \$40

### Babysitting Fundamentals II Ages 8 & up

This class is a continuation of Babysitting Fundamentals I for those who wish to improve, advance and enhance their skills.

**Instructor:** Karen Howenstein

**221001-C Location:** George Mason High School in the Home Economics Room

**Class Date:** Sat, Feb 17 **Time:** 9am-Noon

**Fees:** R: \$30 / NR: \$40

**221001-D Location:** George Mason High School in the Home Economics Room

**Class Date:** Sat, May 5 **Time:** 9am-Noon

**Fees:** R: \$30 / NR: \$40

### Homework & Organization Ages 8 & up

Bring your organizational and homework nightmares! We'll sort them out. Learn to use your gifts and likes to make homework less of a chore. We'll tackle physical space, life management and setting goals.

**Instructor:** Karen Howenstein

**221002-A Location:** George Mason High School in the Home Economics Room

**Class Date:** Sat, Feb 3 **Time:** 1-4pm

**Fees:** R: \$15 / NR: \$25

#### Also See

**Baton Twirling Ages 6-13, Page 13**

**Fencing Ages 6-Adult, Page 25**





## BASKETBALL COMPETITIONS

### Falls Church Free Throw Contest

Friday January 5 at 6:30pm in the Falls Church Community Center Gym.

### Falls Church 3 point Competition

Friday February 5 at 7:30pm in the Falls Church Community Center Gym.

## SPORTS PROGRAMS & EVENTS

### Soccer Ages 5-15

Register for Spring Soccer from February 5 thru March 11. Teams will be formed by age groups. Practices and games are



held on nearby fields, times vary by team. A soccer clinic is held for 3-4 year olds. Volunteer coaches are always needed. For more information, call **703-248-5077**.

### Hershey Track & Field Meet

The local qualifying meet will be held at George Mason High School on Sunday May 13 (Rain date, Monday May 14). Registration begins April 3. Volunteers are needed! Call **703-248-5077** for more information.

### Represent YOUR City in Northern Virginia LAX! FALLS CHURCH YOUTH LACROSSE CLUB Spring 2007

Come play the fastest game on two feet! Registration is now open to City of Falls Church residents and players from surrounding areas and towns. Boys and Girls born between 1994 and 2000 to play on a U9, U11, or U13 team. From beginners to the advanced skill level, all local youth players are welcome to play. Registration is online only at [www.fclaxclub.com](http://www.fclaxclub.com). Our teams play in the Northern Virginia Lacrosse League against teams throughout Northern Virginia. See our web site for more information about our teams, the sport, and the league. Registration fee is \$135 for the first player, and \$100 for each additional family member. Limited equipment rentals available. Need-based scholarships are available upon request. Volunteer coaches are needed. If you do not have access to the web, or have any questions, please call Mark Johansen at (703) 623-0466.



Falls Church Recreation and Parks

## BASEBALL



Falls Church Kiwanis Little League (FCKLL) offers boys and girls ages 5-12 an opportunity to learn the game of baseball, understand the value of teamwork and experience what good sportsmanship is all about. Registration for the 2007 spring season begins in early January. Teams are formed in early March. To register online or for the schedule to register in person, go online to [www.FCKLL.org](http://www.FCKLL.org).

Interested in getting a head start? Sign up for winter baseball training. Whether it's baseball fundamentals, advanced hitting, pitching, or catching, or a basic introduction for those just getting started—there's a class geared for every player. Training begins in early January.

For more information, to register for the spring season or sign up for training: Falls Church Kiwanis Little League **703-893-4619**, [www.FCKLL.org](http://www.FCKLL.org)

## TOTS, KIDS, and YOUTH TENNIS LESSONS – Tennis Everyone!

FirstServe Tennis Academy is back for another exciting year of first-rate instructional tennis programs for players of all abilities, ages 4-adult! Gregg Deinhardt and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a friendly, fun and supportive environment. By keeping class size small, students benefit from individual attention that leads to quick results. New programs have been added this year for students of all levels. Also, lessons by appointment are available so you can set up a lesson plan that fits in your schedule. Whatever your level of play, you are just a few hours of FirstServeTennis instruction away from a lifelong love of tennis!

Students should bring water to every session! Tennis rackets are required for all students!

Contact FirstServeTennis Academy to for program, racket and equipment recommendations. Call **703-867-1970** or visit [www.tenniseveryone.net](http://www.tenniseveryone.net) for more information.

### Spring Break Tennis Camp Week April 2-6

#### Ages 7-10

**Monday–Thursday, 9:30-11am**

Rain Date Friday, April 6 (9:30-11am.)

**Fees:** R \$96 / NR \$106 (Maximum: 6 students)

#### Ages 11-13

**Monday–Thursday, 11am-12:30pm**

Rain Date Friday, April 6 (11am-12:30pm.)

**Fees:** R \$96 / NR \$106 (Maximum: 6 students)



# Falls Church Tennis Program

## TOTS, KIDS, and YOUTH SPRING LESSON PROGRAM

### Intro to Tennis Ages 4-5

#### Wednesdays, 1:15-2pm

A tennis introduction through fun games and activities designed to build eye-hand coordination and familiarity with the tennis ball and racket. A tennis racket is required.

7 sessions: Wednesdays April 11 – May 23 (Rain dates/Bonus play dates: Wednesday May 30, June 6.)

**Fees:** R \$126/ NR \$136 (Maximum: 4 students per instructor.)

### Tennis I (Fundamentals) Ages 6-8

#### Wednesdays, 2-3pm

Through fun skill-building games beginners and advanced beginners learn and develop the fundamental strokes.

7 sessions: Wednesdays April 11 – May 23 (Rain dates/Bonus play dates: Wednesday May 30, June 6.)

**Fees:** R \$112/ NR \$122 (Maximum: 6 students per instructor.)

### Tennis I (Fundamentals – Early PM session) Ages 8-10

#### Wednesdays, 3-4pm

Through fun skill-building games beginners and advanced beginners learn and develop the fundamental strokes.

7 sessions: Wednesdays April 11 – May 23 (Rain dates/Bonus play dates: Wednesday May 30, June 6.)

**Fees:** R \$112/ NR \$122 (Maximum: 6 students per instructor.)

### Tennis I (Fundamentals) Ages 10-13

#### Wednesdays, 4-5pm

Through fun skill-building games beginners and advanced beginners learn and develop the fundamental strokes.

7 sessions: Wednesdays April 11 – May 23 (Rain dates/Bonus play dates: Wednesday May 30, June 6.)

**Fees:** R \$112/ NR \$122 (Maximum: 6 students per instructor.)

### Tennis I (Fundamentals- Late PM session) Ages 8-10

#### Wednesdays, 5-6pm

Through fun skill-building games beginners and advanced beginners learn and develop the fundamental strokes.

7 sessions: Wednesdays April 11 – May 23 (Rain dates/Bonus play dates: Wednesday May 30, June 6.)

**Fees:** R \$112/ NR \$122 (Maximum: 6 students per instructor.)

### Tennis II: Intro to Competitive Tennis Ages 7-10

#### Tuesdays, 5-6pm

The program is designed to help younger players along the path to high school tennis through match-based games and drilling. For players who have mastered the basic strokes covered in Tennis I.

7 sessions: Tuesdays April 10 – May 22 (Rain dates/Bonus play dates: Tuesday May 29, June 5.)

**Fees:** R \$168 / NR \$178 (Maximum: 6 students)

### Tennis II: Intro to High School Tennis

#### Ages 10-13

#### Wednesdays, 6-7:30pm

Each session balances drill work with match play in the format of a high school tennis practice. The program is designed to develop all the skills required of a high school tennis player.

7 sessions: Wednesdays April 11 – May 23 (Rain dates/Bonus play dates: Wednesday May 30, June 6.)

**Fees:** R \$168 / NR \$178 (Maximum: 6 students)

### Tennis III: Competitive Player Development Program Ages 14-up

#### Tuesdays, 3-5pm

Players in this program either have or are ready for competitive experience and wish to improve their game or to play high school tennis. Through advanced drilling and match play players develop a complete game. Emphasis placed applying skills in match play through tactics and strategies.

7 sessions: Tuesdays April 10 – May 22 (Rain dates/Bonus play dates: Tuesday May 29, June 5.)

**Fees:** R \$224 / NR \$234 (Maximum: 6 students)

## TENNIS LESSONS by APPOINTMENT

Contact FirstServe Tennis Academy directly to set up time and dates for individual, semi-private and private group lessons. Call **703-867-1970** or visit [www.tenniseveryone.net](http://www.tenniseveryone.net) for more information.

#### Fees:

**Private (one student):** \$55/hr (\$180 for 4 one-hour lessons)

**Semi-Private (two students):** \$35/hr/student (\$130 per student for 4 one-hour lessons)

**Small Group (3 students):** \$30/hr/student (\$110/student for 4 one-hour lessons)

**Small Group (4 students):** \$25/hr/student (\$90/student for 4 one-hour lessons)

Large Groups/Special Events/Birthday Parties, etc. (Contact FSTA)

30-minute prorated lessons are available for ages 4-6.

March 1 – November 1; All Ages; *register directly with FirstServe Tennis*

#### FirstServe Tennis Academy

**PO Box 152 | 2200 Wilson Blvd. | Suite 102  
Arlington, Virginia 22201**

**Phone: 703-867-1970 or 571-217-1684**

**E-mail: [info@tenniseveryone.net](mailto:info@tenniseveryone.net)**



## ADULT TENNIS

City of Falls Church / FirstServe Tennis Academy  
Spring 2007 Tennis Program

### ADULT TENNIS CLASSES

#### Tennis Everyone!

FirstServe Tennis Academy is back for another exciting year of first-rate instructional tennis programs for players of all abilities **ages 4-adult!** Gregg Deinhart and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a **friendly, fun and supportive environment.** By keeping **class size small**, students benefit from **individual attention** that leads to quick results. **New programs have been added this year for students of all levels.** Also, **Lessons By Appointment** are available so you can set up a lesson plan that fits in your schedule. Whatever your level of play, you are just a few hours of FirstServeTennis instruction away from a lifelong love of tennis!

Students should bring water to every session! Tennis rackets are required for all students!

Contact FirstServeTennis Academy for program, racket and equipment recommendations. Call **703-867-1970** or visit **www.tenniseveryone.net** for more information.

#### Adult Beginner AM: Tennis I

**Wednesdays 9:30am-10:30am**

7 sessions: Wednesdays April 11-May 23 (Rain dates/Bonus play dates: Wednesday May 30, June 6.)

**Fees:** R \$140/ NR \$150 (Maximum: 4 students per instructor.)

#### Adult Advanced Beginner AM: Tennis II

**Wednesdays 10:30am-11:50am**

7 sessions: Wednesdays April 11-May 23 (Rain dates/Bonus play dates: Wednesday May 30, June 6.)

**Fees:** R \$190/ NR \$200 (Maximum: 4 students per instructor.)

#### Adult Intermediate/Advanced AM: Tennis III

**Tuesdays 9:30am-10:50am**

7 sessions: Tuesdays April 10-May 22 (Rain dates/Bonus play dates: Tuesday May 29, June 5.)

**Fees:** R \$190/ NR \$200 (Maximum: 4 students per instructor.)

#### Adult Beginner PM: Tennis I

**Tuesdays 6:30-7:30pm**

7 sessions: Tuesdays April 10-May 22 (Rain dates/Bonus play dates: Tuesday May 29, June 5.)

**Fees:** R \$140/ NR \$150 (Maximum: 4 students per instructor.)

#### Adult Advanced Beginner PM: Tennis II

**Tuesdays 7:30-8:50pm**

7 sessions: Tuesdays April 10-May 22 (Rain dates/Bonus play dates: Tuesday May 29, June 5.)

**Fees:** R \$190/ NR \$200 (Maximum: 4 students per instructor.)

#### Adult Intermediate/Advanced PM: Tennis III

**Wednesdays 7:30-8:50pm**

7 sessions: Wednesdays April 11 – May 23 (Rain dates/Bonus play dates: Wednesday May 30, June 6.)

**Fees:** R \$190/ NR \$200 (Maximum: 4 students per instructor.)

### The 30th Annual Falls Church Open Tennis Tournament

Registration will start March 19. The tournament will be played May 21- June 17. Draws will be done Friday, May 18. Players schedule their own matches within a specified amount of time. Additional information including categories and fees is available by calling **703-248-5077**.



## ADULT SPORTS

### Spring Co-Ed Softball

**Registration: Feb 5-April 8** (Teams Only)

Slow Pitch play begins in early May 6th. Various levels of competition are offered. Call **703-248-5077** for registration form, fees, and league rule information.

### Spring Co-Ed Volleyball

**Registration: Feb 5-March 4** (Teams Only)

League play begins in late March/early April. Various levels of competition are offered. Call **703-248-5077** for registration form, fees, and league rule information.

### Adult Summer Basketball League

**Registration: March 26-May 6** (Teams Only)

Various levels of competition are offered and play begins in June. Team members must be 18 yrs of age or older. For more information, call **703-248-5077**.





# Youth and Teen Camps

## WINTER BREAK CAMPS

### All-American Winter Break Camp

#### Ages 6-11

Here's an exciting way for children ages 6-11 to have fun while being introduced to a variety of sports skills and activities.

Sports will include basketball, flag football, soccer, whiffleball, volleyball, and floor hockey. Each camper must bring a lunch.

**181401-C Location:** Falls Church Community Center gym

**Class Dates:** Tues-Fri, Dec 26-29 **Time:** 9-3pm

**Fees:** R: \$125 / NR: \$135

AM extended care 7-9am \$15 189991-A

PM extended care 3-6pm \$20 189992-A

#### Colorama

Get messy or stay clean but don't let the chance to express yourself go by. Today's the day to add a little color to your life! Jump into a painting with Jackson Pollock or help Picasso create Le Bouquet!

#### The Mini Doodlers (1/2 day camp)

##### Ages 3-6

**181403-A Location:** Art Room

**Class Dates:** Dec 26-29 **Time:** 9am-12pm

**Fees:** R: \$120 NR: \$130

(\$25 materials fee due on 1st day of class. Make payable to Abrakadoodle.)

Extended Care is not available for the half-day session.

#### The Doodlers Camp (full day) Ages 6-12

**181403-B Location:** Falls Church Community Center gym

**Class Dates:** Dec 26-Dec 29 **Time:** 9am-3pm

**Fees:** R: \$200 / NR: \$210

(\$25 materials fee due on 1st day of class. Make payable to Abrakadoodle.)

AM extended care 7-9am \$15 189991-A

PM extended care 3-6pm \$20 189992-A

#### The "Ninja Rangers – A Warriors Call"

##### Ages 6-14

This class is designed to help students utilize their full range of imagination and problem solving skills. Camp participants are thrust back to ancient Japan. They are among the nations top elite soldiers who are summoned by the king to fight off the repetitive attempts of a hostile take over by the king's enemies. The soldiers have 5 days to train for the skirmish, including creating and building their own (child-proof) ninja weapons, and camouflage gear, to use against enemy forces. The fate of the ancient ninja nation depends on your child/children. This camp is for children ages 6 to 14, and is open to boys and girls!

**181402-A Location:** Dance Studio

**Class Dates:** Dec 26 - Dec 29 Tuesday-Friday **Time:** 9am-4pm

**Fees:** R: \$132 / NR: \$142

AM extended care 7-9am \$15 189991-A

PM extended care 3-6pm \$20 189992-A

## SPRING BREAK CAMPS

### Wild 'N Wacky Art

Get crazy! Get goofy! Get creative at Camp Abrakadoodle Wild 'n Wacky Art! Learn about a variety of artists in this camp while using exciting materials and techniques. Transfer your energy into your art with fun art materials. At the end of camp, you will get to take home the rest of your art materials for added fun at home. Materials fee includes all materials, props, games, stories and music used in class as well as the take home kit that extends the learning and fun at home.

#### Mini-Doodlers Ages 3-6

**281402-A Location:** Art Room

**Class Dates:** Mon-Fri, April 2-6 **Time:** 9am-12pm

**Fees:** R: \$150 / NR: \$160

(\$40 materials fee due on 1st day of camp. Make payable to Abrakadoodle.)

Extended Care is not available for the half-day session.

#### Doodlers Ages 6-12

**281402-B Location:** Art Room

**Class Dates:** Mon-Fri, April 2-6 **Time:** 9am-3pm

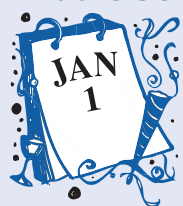
**Fees:** R: \$250 / NR: \$260

(\$40 materials fee due on 1st day of camp. Make payable to Abrakadoodle.)

AM extended care 7-9am \$15 189991-A

PM extended care 3-6pm \$20 189992-A

### New Year's Eve Extravaganza for Middle School Students



**Sunday, December 31, 2006 7pm-1am**

This is your **exclusive** invite to the ultimate New Year's extravaganza at the Falls Church Community Center. Come party with us and celebrate New Year's Eve at the coolest place in Falls Church.

The DJ will be spinning the latest dance

classics and hip-hop tunes for you to get your groove on.

There will be an obstacle course, a gladiator joust, a ladder climb, and a moon bounce. Join us for food, games, door prizes and much, much more.

Early Bird Special (Now-Dec.9): \$10 141503-A

Regular Admission (Dec.10-Dec.30): \$15 141503-B

Night of the Event (December 31): \$20 141503-C

Parent Chaperone & Child\*\* FREE 141503-D

\*\*Chaperones must volunteer for a minimum of three hours\*\*



## TEEN CENTER

The Teen Center is open exclusively for teens Monday – Friday from 3-6pm. As with the Community Center, the Teen Center is open to the public at all other times. The Teen Center welcomes middle and high school-aged children. The Center features a large-screen television, Play Station 2, computers, a pool table, ping-pong table, a CD player, radio, and lounge chairs.

Please contact Teen coordinator, Debbie Wright at 703-248-5137 for more information on activities.



*Teens enjoying New Year's Eve festivities.*

## Martial Arts Olympics Ages 6-14

The camp is fast paced, fun and exploding with excitement. Day one your child enters the Olympic compound. From that point on he/she and there team mates train in the competitive skills of martial arts that include sparring, board breaking (child proof), forms and archery. At the end of the week, they enter the arena and compete for top honor. They'll receive a free karate uniform, prizes awards, badges and more. And don't forget along the way they'll be introduced to other benefits that martial arts training offers like: concentration, awareness, balance, poise and more!

**281403-A Location:** Dance Studio

**Class Dates:** April 2-6, Mon-Fri **Time:** 9am-4pm

**Fees:** R: \$247 / NR: \$257

## All-American Spring Break Camp

### Ages 6-11

Here's an exciting way for children ages 6-11 to have fun while being introduced to a variety of sports skills and activities.

Sports will include basketball, flag football, soccer, whiffleball, volleyball, and floor hockey. Each camper must bring a lunch.

**281401-A Location:** Falls Church Community Center gym

**Class Dates:** Mon-Fri, April 2-6 **Time:** 9-3pm

**Fees:** R: \$140 / NR: \$150

AM extended care 7-9am \$15 281405-A

PM extended care 3-6pm \$20 281406-A

## Middle School Spring Break Excursion Camp Ages 10-13

Campers will go rock climbing, biking, scavenger hunt, paintball, and a theme park. This camp is for 5-7th graders. Transportation is provided. The daily times for the camps vary please refer to an information packet for details.

**240602-A Location:** Community Center Lobby

**Class Dates:** April 2-6 **Time:** 9am-3pm

**Fees:** R: \$280 / NR: \$290

AM extended care 7-9am \$15 281405-A

PM extended care 3-6pm \$20 281406-A

## Camp Olympia Horseback Riding

### Ages 8-15

Advanced riders will ride twice a day every day except Thursday (riding will be one time due to a hike/picnic lunch), plus participate in the following activities



every day: balance and coordination exercises, grooming the horses, tacking up, cleaning the barn and tack, plus other horse related activities. Great fun and learning for all. An information packet is available at the time of registration.

**241424-A Location:** Community Center Lobby

**Class Dates:** April 9-13 **Time:** 8am-5pm

**Fees:** R: \$470 / NR: \$480

Extended Care is not available for this camp.

## Middle School Dances

**January 20, February 24, March 17, April 14, May 12**

It is party time! The Recreation and Parks Department sponsors monthly middle school dances for 6<sup>th</sup> – 8<sup>th</sup> graders to dance, socialize, and chill! Admission is \$3. Refreshments will be served. Bring a friend or come meet new friends. Either way don't miss out on the action! The January, February, and March dances are from 7:30-10:30pm. The April and May dances are from 8-11pm. Contact Debbie Wright for additional info.

## Midnight Madness

**7-midnight Free!**

**January 19, February 2, March 2, April 20, May 18**

Where can you play cool games and tournaments, eat lots of food, watch scary movies, and hangout with friends? Only at Midnight Madness! Here's your chance to have fun and be safe. Once you enter the facility, you may not leave without a parent.



# Teen Center Activities

## Girl Power

**141704-A Free! Thursdays 3-4:30pm**

Girl Power USA is an innovative and unique personal development program for girls' ages 12-18 years. Given the climate in today's world, combined with negative messages being sent through the media, it has become increasingly difficult for adolescent girls to remain true to themselves.

Girl Power USA empowers teen girls to be the best they can be through a series of character building workshops. The program provides teen girls with the opportunity to reach her fullest potential through healthy habits and personal development by enhancing both her inner and outer self. We also explore a variety of techniques that will provide teens with the skills needed to overcome everyday challenges. Meetings are on Thursdays from 3-4:30pm in the Teen Center.



## Movie Mania at the Theaters

Check out the latest releases with your friends at the movie theater. All movies will be rated PG-13 or lower. Please bring money for snacks. Meet at 3pm. Return times will vary.

**241460-A** January 5      **241460-D** April 13

**241460-B** February 9      **241460-E** May 4

**241460-C** March 9

**Time:** 3pm **Fee:** \$14

## Teen Cuisine

Let's test those cooking skills. If you enjoy making delicious creations at home then come and show off your skills at the Community Center. While you're at it, we will teach you the fundamentals about formal and informal dining. Join us on these days to create, judge, and possibly enjoy tasty treats:

**241461-A** January 22 Colossal Chocolate Cinnamon Rolls

**241461-B** February 12 Crisp Peanut Butter Balls

**241461-C** March 5 Mommy's Banana Suzy Q's

**241461-D** April 16 Macaroni and Cheese Casserole

**241461-E** May 14 Chocolate Oatmeal Chippers

**Time:** 3-5pm **Fee:** \$7 per session

## Ice Skating

**241409-D Date:** January 10, 12-5pm

Do you enjoy ice-skating? Join us at the Pentagon Row, an outdoor skating rink. Hang out with your friends or show everyone how you can skate and glide with style. Please dress warmly and bring \$10 the day of the event for skate rental and admission.

**Fee:** \$12



## Cosmic Bowling

**241406-A Date:** January 12, 10pm-12 midnight

Cosmic bowling features globe lights, spotlights and disco music. Blue October, Lil Jon, and Chamillionaire soundtracks are also in heavy rotation. The fee includes shoe rental and games. **Fee:** \$30

## Ski and Snow Board Trip at Whitetail Ski Resort

**January 15, 8am-8pm**

You and your friends can enjoy a day of skiing and snowboarding at Whitetail Ski Resort in Pennsylvania. Transportation and a meal are included. Waivers are required.

**241401-A Lift Ticket Only:** \$82

Provides access to all open lifts and trails.

**241401-B Learn to Ski/Snowboard Package:** \$99

Valid in beginner area. Includes use of rental equipment and Guaranteed First Class Lesson.

**241401-C All Mountain Ski Package:** \$111

Valid on all open lifts and trails. Includes use of rental equipment and class lesson at your ability level.

**241401-D Learn to Snowboard Package:** \$99

Valid in beginner area. Includes use of rental equipment and Guaranteed First Class Lesson.

**241401-E All Mountain Snowboard Package:** \$111

Valid on all open lifts and trails. Includes use of rental equipment and class lesson at your ability level.

## Swimming

**241421-A Date:** January 24, 12:30-7:30pm

Can you do the butterfly stroke? Do you know how to tread water? Join us for a refreshing swim at the Cub Run Recreation Center in Chantilly. This facility features two water slides and a water playground. Please bring \$9 for admission the day of the event. **Fee:** \$15

## Snow Tubing at Whitetail

**241411-A Date:** January 26, 9-7pm

Take a snow day and join us at Whitetail Ski Resort. Enjoy four hours of tubing. The fee includes a pizza party and four hours of tubing. Bring a change of clothes and money for snacks. Waivers are required. **Fee:** \$61

## Ski and Snow Board Trip at Whitetail

**January 29, 8am-8pm**

Grab your winter gear and hit the slopes with us at Whitetail Ski Resort. All packages include a meal voucher. Waivers are required.

**241403-A Lift Ticket Only:** \$82

Provides access to all open lifts and trails.

**241403-B Learn to Ski/Snowboard Package:** \$99

Valid in beginner area. Includes use of rental equipment and Guaranteed First Class Lesson.

**241403-C All Mountain Ski Package:** \$111

Valid on all open lifts and trails. Includes use of rental equipment and class lesson at your ability level.

**241403-D Learn to Snowboard Package:** \$99

Valid in beginner area. Includes use of rental equipment and Guaranteed First Class Lesson.

**241403-E All Mountain Snowboard Package:** \$111

Valid on all open lifts and trails. Includes use of rental equipment and class lesson at your ability level.





## Wizard's Game

Gilbert Arenas, Caron Butler, and Antawn Jamison lead the charge for the 2006-07. Washington Wizards look to mystify teams and rise in the Eastern Conference! Don't miss your chance to see exciting



Washington Wizards LIVE at the Verizon Center! All games start at 7pm. Registration ends two weeks before each game.

### Washington Wizard's vs Detroit

**241465-A** January 30, 5pm **Fee:** \$65

### Washington Wizard's vs LA Lakers

**241465-B** February 3, 5pm **Fee:** \$65

### Washington Wizard's vs Miami

**241465-C** February 28, 5pm **Fee:** \$65

## Great Blacks in Wax Museum

**241467-A Date:** February 10, 9-6pm **Fee:** \$20

The Great Blacks in Wax Museum is home to 100 life size wax figures of individuals who have played significant roles in African-American history. The likes of Frederick Douglass, Harriet Tubman, Billie Holiday, Booker T. Washington, and others are memorialized in this, the nation's only Black wax museum. Please bring \$8 for admission and funds for lunch.



## Sport Rock

**241419-A Date:** February 14, 12-5pm **Fee:** \$40

Are you ready to reach the top? You may get there if you go rock climbing with us. If you do not already know how to rock climb, then your opportunity to learn has arrived. In order to climb, you must dress in sturdy, loose fitting clothes and wear sneakers. Waivers are required.

## Dulles Town Center

**241478-A Date:** February 16, 3-9pm **Fee:** \$8

Dulles Town Center is a new 1.4 million square foot, two-level regional mall featuring over 185 specialty shops including The Gap, Abercrombie and Fitch, Old Navy, American Eagle Outfitters and much more.

## Ski and Snow Board Trip at Ski Liberty

**February 19, 8am-8pm**

Take a snow day and experience the ultimate winter fun at Liberty! Fee includes a meal, transportation, and a package. Waivers are required.

**241402-A Group Lift Ticket Only:** \$82

For skiers and snowboarders who have their own equipment and do not desire a lesson. Provides access to all lifts and slopes open that day.

**241402-B Group EZ Learn to Ski:** \$98

Includes a lift ticket valid on beginner terrain. Includes rental equipment and class lesson.

**241402-C Group All Mountain Ski Package:** \$110

Lift ticket valid on all lifts. Use of rental equipment.

**241402-D Group EZ Learn to Snowboard:** \$98

Includes a lift ticket valid on beginner terrain. Includes rental equipment and class lesson.

**241402-E Group All Mountain Snowboard Package:** \$110

Lift ticket valid on all lifts. Use of rental equipment.

## Laser Tag

**241444-A Date:** February 23, 7-midnight **Fee:** \$9

Suit up for a galactic game of Laser Tag. This interactive sport challenges your mind and coordination skills. Blast your friends with state-of-the-art laser beams in a space sector filled with sound effects and special lighting. Enjoy the latest video games to further challenge your mind. Please bring a minimum of \$15 for unlimited play.

## Smithsonian Museum of Natural History

**241474-A Date:** March 10, 10-3pm **Fee:** \$13

Examine a wide variety of artifacts including an 80-foot dinosaur skeleton, an enormous prehistoric white shark, and a 45-and-a-half carat jewel known as the Hope Diamond. Feel the skin of a crocodile, examine the jaws and teeth of different animals or try on clothes from around the globe. Please bring money for lunch and metro.

## Mountain Biking

**241422-A Date:** March 12, 9-6pm **Fee:** \$60

**241422-B Date:** May 9, 12-7pm **Fee:** \$60

If you are looking for high adventure and great exercise, then you should try mountain biking on the beautiful rolling hills and mountain paths. Waivers are required.

## ESPN Zone

**241418-A Date:** March 14, 12-6pm **Fee:** \$10

Join the group at the ESPN Zone for an evening of fun. The ESPN Zone features an interactive game room, mini bowling, rock climbing, NBA tonight, and Daytona USA. The number of games you want to play determines the fee. All games require points and the average game uses 12-16 points.

\$5- 15points, \$10- 14pts, \$20- 90pts... Please bring \$5 for metro and money for food.



# Teen Center Activities



## Spy Museum

**241413-A Date:** March 24, 11am-5pm **Fee:** \$15

Learn about agent recruitment and the challenges of living a life undercover from former KGB officers. Please bring \$16 the day of the event for admission and money for lunch.

## Horseback Riding

**241405-A Date:** March 28, 12-7pm **Fee:** \$52

Put on your cowboy boots, grab your blue jeans, and get ready to go riding. Begin with a ride in the ring to get to know your horse. The journey includes spectacular views of the Short Hill Mountains, the Potomac River and the mountains. Beginners welcome! So come join us for a memorable ride. Waivers are required.

## Planet Play at Springfield Mall

**241427-A Date:** March 29, 3-8pm **Fee:** \$10

Looking for a great place to come to have a blast? Planet Play at Springfield Mall has something for everyone! We offer LaserTron lasertag, bumper cars, arcade games and prizes, and an old-fashioned carousel. Please bring money for food and games.

## Paintball

**241448-A Date:** March 30, 9am-6:30pm **Fee:** \$55

**241448-B Date:** April 21, 10am-7:30pm **Fee:** \$55

**241448-C Date:** May 19, 9:30m-7pm **Fee:** \$55

Paintball is a lot like being in a live game of chess. Instead of speed and strength, paintball requires strategy, teamwork and imagination. Running, hiding, and stalking the opposing teams are the ultimate way to get your adrenaline pumping. Players learn the importance of teamwork, and gain self-confidence whilst developing leadership abilities. Fee includes six hundred paintballs and equipment. Please bring a lunch. Waivers are required.

## Port Discovery

**241414-A Date:** March 31, 9-7pm **Fee:** \$23

Imagine! Play! Learn! Grow! Port Discovery, the Children's Museum in Baltimore, offers three floors of interactive, educational exhibits and programs for children! Please bring \$11 for admission and money for lunch.



## Wild Washington: Animal Sculptures by Bike

**241429-A Date:** April 11, 12:30-7pm **Fee:** \$45

You'll discover the many animal sculptures, friezes and decorative elements found on Washington fountains, entrances, rooftops, and walkways on this three-and-a-half hour guided tour. This tour begins on foot at The National Zoo, then continues by bike through Rock Creek Park, Dupont Circle, and the National Mall, ending at the Old Post Office Pavilion. Price includes bike rental, helmet, bottled water, and snack. Waivers are required.

## Medieval Times

**241476-A Date:** April 27, 4pm-12midnight **Fee:** \$70

Set within the walls of an 11th century European-style Castle, their live show recreates a Middle Age tournament of skill and sport, featuring valiant knights and powerful stallions. The hands-on medieval feast is sure to please everyone! The fee includes a four-course meal, tax, gratuity, transportation and the show. Registration closes April 17.

## National Zoo

**241423-A Date:** April 28, 10-6pm **Fee:** \$17

Do you think you can visit all 5,800 animals that reside at the zoo? Let's check out the newest pandas and komodo dragons.



## Wakefield Skate Park

**241473-A Date:** May11, 3-8pm **Fee:** \$10

Skateboarders and rollerblades join us for an evening of fun. We will go to Wakefield Skate Park where you can show off all of your stunts. All participants are required to wear helmets. Items are available for rents for an additional fee of \$2 per item.

## Dave and Busters

**241477-A Date:** May 23, 2:30-7:30pm **Fee:** \$15

Here's the perfect place to play. Dave and Busters offers an awesome selection of state-of-the-art games. Bring money for games. For high school students only!



## Miniature Golf

**241431-A Date:** May 25, 4-7pm **Fee:** \$7

Do you like to play putt-putt? Well here is your chance to show off your skills at the Jefferson District Golf Course. Please bring \$5 per game the day of the event.

## Central Park Funland

**241454-A Date:** May 26, 10am-10pm **Fee:** \$15

If you like bumper cars, roller coasters, rock walls, laser tag, batting cages, golf, go carts, and bumper boats, then you will have a great time at Central Park Funland. All activities are "pay as you go" so please bring money.



## ADULT CLASSES

### Beginning Salsa Dance

Salsa is a fun, sensual, and addictive style of Latin dance that is guaranteed to make your hips move! This course is a good introduction if you have never tried salsa before, and if you already know your basics, we'll build on them. In each class, we'll start out with isolations and stretching, then move into partner work and shines (individual footwork). You will also learn about the rhythms on which salsa music is based, so that you can feel the beat when you take your moves to the dance floor. Students should wear smooth-soled shoes (sueded or leather bottom) that attach firmly to the foot with straps or laces as well as comfortable, non-baggy clothes that you can stretch and sweat in. Individuals and couples alike are welcome!

**Instructor:** Maria Worthen

**250206-A Location:** Dance Studio

**Class Dates:** January 31-April 25 (no class 4/4)

**Time:** 7:30-9pm **Fees:** R: \$126 / NR: \$136

### Bicycle Maintenance & Repair

Combining lecture and demonstration, the course will cover bike fit, breakdown repairs, and the inspection, adjustment, lubrication, and renovation of diverse components. Bike not required. Appropriate for ages 12 and up.

**250704-A Location:** Art Room

**Class Date:** February 13 **Time:** 6:30-9:30pm

**250704-B Location:** Art Room

**Class Date:** April 23 **Time:** 6:30-9:30pm

**Instructor:** Allen Muchnick **Fees:** R: \$21 / NR: \$31

### Bicycle Mechanics Workshop

Self-directed, hands-on sequel to Bicycle Maintenance & Repair or Bicycling 101 for you to tune up, fix, or modify your bicycle or practice inspection, maintenance, or repair procedures. Bring your bicycle, supplies, and inspiration. Appropriate for ages 15 and older. Those ages 12-14 interested in taking the course must attend with a parent.

**250705-A Location:** Art Room

**Class Date:** Feb 20 **Time:** 6:30-9:30pm

**250705-B Location:** Art Room

**Class Dates:** April 30 **Time:** 6:30-9:30pm

**Instructor:** Allen Muchnick **Fees:** R: \$21 / NR: \$31

### Bicycling 101

This course will cover performance, equipment, safety, and maintenance basics for new and intermediate riders: comfort and improvement tips, self-sufficiency, use of gearing and street cycling fundamentals. No riding. Appropriate for ages 12 and up.

**250707-A Location:** Art Room

**Class Date:** April 18 **Time:** 6:30-9:30pm

**Instructor:** Allen Muchnick **Fees:** R: \$21 / NR: \$31

### Cycling with Confidence

On-bike and classroom instruction is essential cycling skills for roads, paths, and group: equipment, mechanical self-sufficiency, efficient pedaling, bike handling, training, vehicular cycling, crash prevention. Bike and helmet REQUIRED. Material fee of \$10 payable to the instructor at the first class. Two sessions equaling 9 hours. Appropriate for ages 16 and older. Those ages 12-15 interested in taking the course must attend with a parent.

**Instructor:** Allen Muchnick

**250706-A Location:** Art Room

**Class Dates:** April 20, April 27 & May 4 **Time:** 6:30-9:30pm

**Fees:** R: \$63 / NR: \$73

### Dog Obedience

LEVEL 1 is designed to help establish understanding, joy and a fun relationship between you and your dog. Class includes obedience, home management, discipline and problem solving. The method employed uses affection and restraint. Check with the instructor before purchasing any new collar or leash to ensure a proper fit. Dogs must be at least four months old. For the winter session held indoors, dogs must not display any type of aggression or fear.

**LEVEL 1** will prepare the pet owner and their dog for off leash work with the basic commands. Owners and dogs must have completed a course in Level 1 obedience. Dogs must not display any type of aggression and must be under the control of their owners. Dogs must be at least 6 months old.

**LEVEL 2/3/4** is designed to prepare the pet owner in having voice control and a better-trained pet. Owners and dogs must have completed the Level 1 and Level 2 dog obedience classes.

Dog must not display aggression of any kind and must be under control of their owners. Parents of children under the age of 16 taking the class, must get permission from the instructor before registering by calling 703-698-0203. ALL STUDENTS MUST BRING CURRENT SHOT RECORDS TO THE FIRST CLASS.

**Instructor:** Janice Morton

**Class Dates:** January 25-March 15 (8 weeks)

**Location:** Art Room

**250701-A Level 1** Thursdays, 6:30-7:30pm

**250701-B Level 2-4** Thursdays, 7:30-8:30pm

**Fees:** R: \$ / NR: \$66

**Class Dates:** April 5 - May 24 (8 weeks)

**Location:** Cavalier Tennis Courts

(Washington St. & Maple Ave.)

**250702-A Level 1** Thursdays, 6:30-7:30pm

**250702-B Level 2-4** Thursdays, 7:30-8:30pm

**Fees:** R: \$56 / NR: \$66





# Adult Art Classes

## PAINTING

### Mood & Style Oil & Acrylic

Mixing colors, pallet knife and brush techniques will be taught with an emphasis on painting for enjoyment. Students must purchase own supplies; a supply list is available from the instructor on the first day of class. Beginning through advanced students are welcome.

**250112-A Class Dates:** January 26-March 2

Fridays 10:30-12:30pm

**250112-B Class Dates:** March 9-April 20 (no class April 6)

Fridays 10:30-12noon

**Instructor:** Lou Jones **Location:** Art Room

**Fees:** R: \$84 / NR: \$94



### Painting for Fun Oil & Acrylic

Mixing colors, pallet knife and brush techniques will be taught with an emphasis on painting for enjoyment. Students must purchase own supplies; a supply list is available from the instructor on the first day of class. Beginning through advanced students are welcome.

**250112-C Class Dates:** January 26-March 2

Fridays 1-3pm

**250112-D Class Dates:** March 17-April 20 (no class April 6)

Fridays 1-3pm

**Instructor:** Lou Jones **Location:** Art Room

**Fees:** R: \$84 / NR: \$94



## Intermediate/Advanced Watercolor Painting the Exterior Space

Artists will explore the realistic and abstract features of city and suburban scenes: close views of shops, cafes, interesting buildings with figures as supporting shapes and night lighting for exteriors will be studied. Demonstrations, in-depth critiques for each lesson, and individual assistance is provided. For supplies, wait for introductory class.

**Instructor:** Carolyn Grosse' Gawarecki **Location:** Art Room  
*Section 1 and 2 are identical, just different dates!*

**250106-A Section 1** 9:45am-12:30pm

**Class Dates:** Tuesdays 1/30, 2/13, 2/27, 3/13, 3/27 & 4/10

**250106-B Section 2** 9:45am-12:30pm

**Class Dates:** Tuesdays 2/6, 2/20, 3/6, 3/20, 4/3 & 4/17

Critiques and demonstrations every other week; students paint at home. **Fees:** R: \$175 / NR: \$185

**250105-A Section 3** 1:15pm-3:30pm

**Class Dates:** Every Tuesday, Jan 30 - April 17

Critique and demonstration one week, students paint in class the next week. **The lessons are the same as Section 1 & 2.**

**Fees:** R:\$210 / NR:\$220



## KNITTING

### Beginning Knitting

This class is designed for first-time knitters. Students will be taught the basics of knitting. This class is appropriate for ages 10 to adult. Participants will knit a scarf and hat! Join the fun!

**250610-A Class Dates:** March 10-31, Saturdays, 9am-11am

**Instructor:** Lynne Hoffman **Location:** Teen Center

**Fees:** R:\$56 / NR:\$66

**A \$30 material fee is due to the instructor on the first class.**

### Knitting Workshop

This series of workshops are designed to offer help or to get advice on your current projects. Sign up for one, two, three or all four Saturdays!

**250610-B** Sat, March 10 9am-11am

**250610-C** Sat, March 17 9am-11am

**250610-D** Sat, March 24 9am-11am

**250610-E** Sat, March 31 9am-11am

**Instructor:** Lynne Hoffman **Location:** Teen Center

**Fees:** R: \$14 / NR: \$24



## The Whole World in My Hand: Buyers Guide to Handheld Computers

Buying a handheld computer or PDA (personal digital assistant)? Explore the features and benefits of typical handhelds, see how they can help you become more organized and productive.

**Instructor:** Tom Gutnick

**251002-A Location:** George Mason High School, Rm D126

**Class Date:** Tuesday, January 30, 2007 **Time:** 7-9:30pm

**Fees:** R: \$20 / NR: \$30

## Nothing Up My Sleeve...It's All on My Palm! Part I

Prospective purchasers can learn how to select the right model. Bring your handhelds to class.

**Instructor:** Tom Gutnick

**251004-A Location:** George Mason High School, Rm D126

**Class Date:** Tuesday, March 20, 2007 **Time:** 7-9:30pm

**Fees:** R: \$20 / NR: \$30

## Nothing Up My Sleeve...It's All on My Palm! Part II

Now that you've learned the basics of your Palm-powered handheld, go to the next level. In-depth hints for using the built-in functions more effectively will teach you how to download and install the thousands of add-on software packages.

**Instructor:** Tom Gutnick

**251004-B Location:** George Mason High School, Rm D126

**Class Date:** Tuesday, March 27, 2007 **Time:** 7-9:30pm

**Fees:** R: \$20 / NR: \$30

## Zooms and Megapixels: Buyer's Guide to Digital Cameras

Thinking about buying a digital camera, but confused about megapixels and storage cards? This class will demystify the features of typical digital cameras and show how they can help you meet your goal of taking good pictures. We'll discuss how you can use your computer as a "digital darkroom" and provide you with guidance for making an informed purchase.

**Instructor:** Tom Gutnick

**251003-A Location:** George Mason High School, Rm D126

**Class Date:** Tuesday, April 10, 2007 **Time:** 7-9:30pm

**Fees:** R: \$20 / NR: \$30

## Revolution in Sound: An Introduction to Digital Audio

The world of music has changed, with the advent of digital music formats, Internet downloads, and iPods. But there's no need to be puzzled. Learn what MP3 files are, why they are the most commonly used music file format on the Internet today, and how to work with them. Learn how to rip music from CDs, download music from the Internet, burn CDs, and more. We'll also discuss how to convert existing music on vinyl or cassette to CD.

**Instructor:** Tom Gutnick

**251006-A Location:** George Mason High School, Rm D126

**Class Date:** Tuesday, April 17, 2007 **Time:** 7-9:30pm

**Fees:** R: \$20 / NR: \$30

## Fencing: City of Falls Church Classes at VAF

**Classes held at the Virginia Academy of Fencing  
5401-B Port Royal Rd, Springfield, VA 22151**



### Beginning Olympic Sport Fencing: Foil, Sabre, Epee

Fencing is an Olympic sport that is beneficial for students of all athletic abilities. Often called the physical game of chess, it improves coordination, balance, grace, and reflexes. This course primarily utilizes the foil, a light thrusting sword, but also introduces the sabre (the modern equivalent of the cavalry sword) and the epee (the modern equivalent of the rapier). This course has been designed by a Russian national champion and Professor of Fencing at American and George Mason Universities. A VAF registration form must be completed and an equipment rental fee of \$29 is payable on the first day of class.

**Please call 703-321-4922 with any questions.**

### Beginning Ages 6-8

**6 - 45 minute sessions**

**220501-A** Sunday (1/7) 9:15am **220501-B** Tuesday (1/9) 5:15pm

**Fees:** R: \$80 / NR: \$90

### Youth Ages 9-13

**6 - 1 hour sessions**

**220501-C** Saturday (1/6) 10am **220501-F** Tuesday (1/9) 6pm

**220501-D** Sunday (1/7) 10am **220501-G** Thursday (1/11) 7pm

**220501-E** Monday (1/8) 7pm

**Fees:** R: \$80 / NR: \$90

### Adult/Teens Ages 14-Adult

**6 - 1 hour sessions**

**250501-A** Saturday (1/6) 12pm

**250501-B** Sunday (1/7) 11am

**250501-C** Monday (1/8) 8pm

**Fees:** R: \$80 / \$90

**250501-D** Tuesday (1/9) 7pm

**250501-E** Thursday (1/11) 8pm

### Family Ages 9+

**6 - 1 hour sessions**

**Fees:** R: \$80 / \$90

**220501-H** Friday (1/12) 7pm

### Historical Swordsmanship: Rapier & Two-Handed Sword

Based on Medieval and Renaissance techniques, the sword fighting disciplines that will be explored are the rapier (the traditional dueling weapon) and the two-handed sword (the knightly European Medieval sword). Practice swords used in class are the shinai (made of bamboo) and the foil. A VAF registration form must be completed and an equipment rental fee of \$29 is payable on the first day of class.

### Youth Ages 9-13

**6 - 1 hour sessions**

**Fees:** R: \$80 / \$90

**220502-A** Monday (1/8) 6pm

### Adult/Teens Ages 14-Adult

**6 - 1 hour sessions**

**250508-A** Saturday (1/6) 1pm

**Fees:** R: \$80 / \$90

**250508-B** Tuesday (1/9) 8pm

## FITNESS

### Pilates with Props

*Pilates with Props* employs small apparatus including Resistance Rings, Pilates Flex Bands, Sponge-balls, and Weighted Bars to increase the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss Ball. (Material fee to purchase a burst-resistance, 55 cm-ball from instructor or bring your own.)

**Instructor:** BodyMoves Fitness

**250410-A Location:** Community Room

**Class Dates:** Tuesdays, January 23-May 1 (no class April 3)

**Time:** 7-7:55pm **Fees:** R: \$196 / NR: \$206

### Low Impact Aerobics

A mild cardio workout with a mind/body focus. Movement patterns drawn from low-impact aerobics, with influence from Pilates, yoga and dance.

**Instructor:** Kim Blackmon

**260405-A Location:** Community Room

**Class Dates:** Mondays, January 22-April 30  
(no class Feb 19, April 2&9)

**Time:** 9:15-10:15am **Fees:** \$84 / NR: \$94

### Tai Chi: Wu Style

Tai Chi Chuan is a perfect exercise. The slow, flowing movements strengthen your legs, increase your balance, and develop your body awareness. Health benefits of Tai Chi include: more efficient breathing, reduced blood pressure, increased bone density, and enhanced flexibility. Tai Chi also reduces your stress and makes you feel energized and focused. In this class you will learn a short form of Wu style Tai Chi. The form is easy to learn and takes approximately 5 minutes to practice, but it can be repeated as many times as you desire. Wu style Tai Chi is famous for its health benefits and meditative effects. No athletic ability is required. No mat work is involved.

**Instructor:** Keith Harrington

**250503-A Location:** Community Room

**Class Dates:** Mondays, January 22-April 16  
(no class Feb 19, April 2)

**Time:** 6:30-7:30pm

**Fees:** R: \$150 / NR: \$160

### Tai Chi: Yang Style

In this class you will learn Yang style Tai Chi, specifically the Yang 24-move Short Form. This form takes approximately 7 minutes to perform. It's easy to learn. Beginners can quickly acquire the choreography and start to reap the many benefits that Tai Chi has to offer. Most importantly, Tai Chi is fun to practice, which is why millions of people around the world to make it part of their daily routine.

**Instructor:** Keith Harrington

**250503-B Location:** Community Room

**Class Dates:** Thursdays, January 25-April 12 (no class April 5)

**Time:** 10-11am

**Fees:** \$150 / NR: \$160

### T'ai Chi for Health Kang Style Short Form

T'ai Chi has long been recognized as a beneficial low impact exercise system. Practitioners will gain flexibility, strength and energy. Begin your evenings by learning the healthy benefits of T'ai Chi. This relaxing class will improve not only your body, but your also your outlook. Strengthen and tone muscles while helping with balance, circulation, concentration and relaxation.

**Instructor:** Patinya Ambuel

**Location:** Community Room

**250504-A Class Dates:** Wednesdays, January 17-March 21  
(Beginners)

**Time:** 4:30-5:30pm

**Fees:** R: \$70 / NR: \$80

**250504-B Class Dates:** Wednesdays, January 17-March 21

**Time:** 5:30-6:30pm

**Fees:** R: \$70 / NR: \$80

**250504-C Class Dates:** Wednesdays, April 11-June 6

**Time:** 4:30-5:30pm

**Fees:** R: \$63 / NR: \$73

**250504-D Class Dates:** Wednesdays, April 11-June 6

**Time:** 5:30-6:30pm

**Fees:** R: \$63 / NR: \$73

**NEW!**

### Mom & Toddler Workout

Moms, keep fit in a workout class that includes your toddler! This efficient, child-friendly exercise format for both mom and toddlers (aged 1-3) includes a variety of strength, cardio, and flexibility work, incorporating yoga asanas, step, resistance bands, free weights, calisthenics, partner work, stretching and children's music/circle/together time.

**Instructor:** BodyMoves Fitness

**Location:** Community Room

**210402-A Class Dates:** Thursdays, January 25-March 29

**Time:** 11:00am-12noon

**Fees:** R: \$120 / NR: \$130

### Kick Boxing Aerobics

Class will focus on warm-ups, stretching, calisthenics, and skill development. In addition to kicks, the class will learn traditional punches, jabs, hooks, upper cuts and combination punches. Wrist wraps available from the instructor for \$5.

**Instructor:** Pam Doran

**250417-A Location:** Mt. Daniel

**Class Dates:** Tuesdays, January 16-May 15  
(no class April 3)

**Time:** 7:30-8:30pm **Fees:** R: \$119 / NR: \$129





# Adult Fitness Classes



## Noon Workout

It's cold outside, but you can still get a great lunchtime workout. Join an exercise class incorporating aerobic activity and strength training using a variety of techniques including weights, floor exercise, step and kickboxing.

**Instructor:** Pam Doran

**250407-A Location:** Community Center Gymnasium

**Class Dates:** Tuesdays & Thursdays, January 16- March 15

**Time:** 12:10-1:00pm

**Fees:** R: \$97 / NR: \$107

**250407-B Location:** Community Center Gymnasium

**Class Dates:** Tuesdays & Thursdays, March 20-May 24

**Time:** 12:10-1:00pm **Fees:** R: \$108 / NR: \$118

## Step Aerobics

Use platform steps! Features a warm-up, cardiovascular segment using the step, muscle conditioning, flexibility stretches and a cool-down.

**Instructor:** Pam Doran

**250404-A Location:** Mt. Daniel

**Class Dates:** Mondays & Wednesdays, January 17-May 16  
(no class Feb 19, April 28&4)

**Time:** 6:30-7:30pm **Fees:** R: \$224 / NR: \$234

## Rise and Shine Step Aerobics

Use platform steps! Features a warm-up, cardiovascular segment using the step, muscle conditioning, flexibility stretches and a cool-down.

**Instructor:** Pam Doran

**250404-B Location:** Dance Studio

**Class Dates:** Saturdays, January 20 - May 19

**Time:** 9-10am **Fees:** R: \$126 / NR: \$136

## Body Toning

A total-body workout consisting of a warm-up, stretch, strength building and a complete body workout. Music keeps the program upbeat and fun.

**Instructor:** Eileen Cutrona

**250405-A Location:** Mt. Daniel

**Class Dates:** Tuesdays & Thursdays, January 16-May 17  
(no class April 3 & 5)

**Time:** 6:30-7:30pm **Fees:** R: \$224 / NR: \$234

## CLASS CARDS!

Can't commit to an entire session of step aerobics? Want to take a variety of classes, but not sure which ones? The new Falls Church Class Card is for you! The card entitles you to take the following classes: **Step Aerobics, Body Toning, Noon Workout & Kickboxing.**

Simply attend the class of your choice and get your card initialed by the instructor. The card is good for 10 individual classes. Students are permitted to buy multiple cards.

**Fees:** R: \$70 / NR: \$80 Senior Residents: \$35

## JAZZERCISE IS GOING ON NOW!

Fitness, friendship and fun! Jazzercise-the original dance fitness class. Exercise at your own intensity level and enjoy choreographed aerobics followed by strength training. Students will need to purchase a mat and hand weights. Register at the class. Many options available including, daily and monthly cards.

Jazzercise is now offering Personal Training sessions. Please call 703-912-1748 for more information.



## YOGA CLASSES

### Yoga

Feeling stressed? Join long-time Falls Church instructor Sharon "Sam" A. Meehan and learn to breath, stretch and relax. This gentle traditional approach to yoga is guaranteed to reduce stress while increasing your strength, flexibility and stamina. You can improve your health and well being through yoga postures, breath techniques and deep relaxation to calm the mind and relax the body. Regular practice of yoga brings balance to the body, mind and soul. Class is suitable for all levels and abilities.

**Instructor:** Sam Meehan, RyT

**Location:** Community Room

**250401-A Class Dates:** Thursdays, January 18-February 22

**Time:** 7:15-8:45pm **Fees:** R:\$60 / NR: \$70

**250401-B Class Dates:** Thursdays, March 1-April 5

**Time:** 7:15-8:45pm **Fees:** R: \$60 / NR: \$70

**250401-C Class Dates:** Thursdays, April 12-May 17

**Time:** 7:15-8:45pm **Fees:** R: \$60 / NR: \$70



# Yoga Classes

## **"Fountain of Youth" Yoga & the 5 Tibetan Rites**

Learn the Five Tibetan Rites, a concise routine of yoga-like movements that can help regular practitioners look and feel younger, by working major muscle groups, stimulating the endocrine system and energizing the mind-body system. Regular practitioners of the exercises have reported relief from chronic pains and long-term ailments, renewed vitality, clarity of mind and well-being, improved strength and flexibility, weight regulation and better stress management. Classes include yoga poses to build strength, balance and concentration. Students will be able to establish a powerful and concise daily practice. Appropriate for all ages from teens to seniors. Wear comfortable clothing, avoid heavy eating before class. Returning students welcome!

**Instructor:** Unyong Kim Waide

**Location:** Community Room

**250400-A Class Dates:** Wednesdays, January 24-February 28 (no class on Feb 14)

**Time:** 7:30-8:30pm **Fees:** R: \$65 / NR: \$75

**250400-B Class Dates:** Wednesdays, March 7-28

**Time:** 7:30-8:30pm **Fees:** R: \$50 / NR: \$60

**250400-C Class Dates:** Wednesdays, April 11-May 9

**Time:** 7:30-8:30pm **Fees:** R: \$65 / NR: \$75

**Location:** Senior Center

**250400-D Class Dates:** Saturdays, March 10-31

**Time:** 10-11:00am **Fees:** R: \$50 / NR: \$60

**250400-E Class Dates:** Saturdays, April 14-May 12 (no class 4/21)

**Time:** 10-11:00am **Fees:** R: \$50 / NR: \$60

## **Armchair Yoga for Every Body**

Have you ever thought, "I'm too \_\_\_\_\_ for yoga?" (Fill in the blank.) No matter what kind of body you have, if you can breathe, you can gain benefits from yoga. Learn to relax, stretch and make friends with your mind and body. Yoga postures will be adapted for sitting. Dress comfortably and avoid heavy eating before class.

**Location:** Art Room

**Instructor:** Unyong Kim Waide

**250408-A Class Dates:** Mondays, January 22-February 26

**Time:** 10:30-11:15am **Fees:** R: \$65 / NR: \$75

**250408-B Class Dates:** Mondays, January 22-February 26

**Time:** 11:15am-12noon **Fees:** R: \$65 / NR: \$75

**250408-C Class Dates:** Mondays, March 5-26

**Time:** 10:30-11:15am **Fees:** R: \$50 / NR: \$60

**250408-D Class Dates:** Mondays, March 5-26

**Time:** 11:15am-12noon **Fees:** R: \$50 / NR: \$60

**250408-E Class Dates:** Mondays, April 9-May 7

**Time:** 10:30-11:15am **Fees:** R: \$50 / NR: \$60

**250408-F Class Dates:** Mondays, April 9-May 7

**Time:** 11:15-12noon **Fees:** R: \$65 / NR: \$75

## **Yoga For Fitness**

This class introduces students to fundamentals of Yoga practice-including asanas (poses), breathing techniques and body awareness-and is presented in a dynamic workout that includes stretching, strength-building and complete relaxation. Students in this class will safely and gently increase or restore flexibility and range of motion; build stamina; and improve coordination and balance. No previous yoga experience necessary; all levels welcome. Mats available.

**Instructor:** BodyMoves Fitness

**Location:** Community Room

**250402-B Class Dates:** Mondays, Jan 22-April 30 (no class Feb 19, April 2 & 9)

**Time:** 12-1pm **Fees:** R: \$96 / NR: \$106

**250402-C Class Dates:** Tuesdays, Jan 23-May 1 (no class April 3)

**Time:** 8-8:55pm **Fees:** R: \$168 / NR: \$178

## **Gentle Yoga**

Through a series of traditional and modified yoga postures and breathing techniques, this accessible class is designed to enhance flexibility, balance and functional strength using attainable poses at a beginner level, while stimulating the mind, body and spirit. Reduce your stress level with this excellent complement to any fitness program.

**Instructor:** BodyMoves Fitness

**Location:** Community Room

**250402-A Class Dates:** Fridays, Feb 2-May 4 (no class March 30, April 6)

**Time:** 12:15-1:15pm **Fees:** R: \$96 / NR: \$106

## **Yoga for Momma and Baby**

Mommies and babies (6-18 months) can play, bond, and stretch in this fun yoga class with music, baby yoga activities and games. At the same time strengthen and tone your body, relieve physical and mental stress, and enjoy meeting other mothers and babies. **After class, visit Falls Church's open gym for babies and tots (Fridays 10am to noon) for a morning full of fun!**

**Instructor:** Unyong Kim Waide & Nora Waide!

**Location:** Art Room

**250403-A Class Dates:** Fridays, Jan 26-Feb 23

**Time:** 9:15-10am **Fees:** R: \$65 / NR: \$75

**250403-B Class Dates:** Fridays, March 9-30

**Time:** 9:15-10am **Fees:** R: \$50 / NR: \$60

**250403-C Class Dates:** Fridays, April 13-May 11

**Time:** 9:15-10am **Fees:** R: \$65 / NR: \$75



## SENIOR CENTER ACTIVITIES

The Falls Church Senior Center is located in the Falls Church Community Center and jointly operated by the Recreation & Parks Division and Housing and Human Services Division of the Community Services Department. A wide range of recreational activities along with a daily lunch program are available.

**Hours of Operation:** Monday-Friday, 9am-3pm

Seniors 65 and older who are residents of the City of Falls Church receive a 50% discount on classes, except where noted.

### Aquatics Class

Come join us for great workout in the water. Water aerobics every Tuesday from 10:30-11:30am. Van leaves at 10am. Fees apply. Call for more details.

### Game Day

Come every Friday from 9am-2pm for FUN and games.

### Canasta

If you are up for the challenge, or would like to socialize and play a friendly game, come play Canasta with us every Monday from 10am-12:30pm.

### Movie Day

Come and watch a movie with us every Friday from 12:15-2:15pm. On the first Friday of each month, you can see the movie on the "The Big Screen" at 10am.

### Military History

Join this enthusiastic group on alternate Fridays. Selected topics include WWII, Korea and Vietnam War.



### Foreign Language Conversation Groups

Informal, drop-in groups meet weekly:

Tuesdays: **German** group 10am-noon

**Italian** group 1:30-3pm

Thursdays: **French** group 10am - noon

All groups looking for new members.

### Current Events

An informal group that meets the 2nd and 4th Monday of each month from 10-10:45am.

### Briscola

An Italian card game that meets every Monday from 10am-12pm.

### Bridge

Players gather at the Falls Church Senior Center on Mon and Fri for bridge. Monday's social bridge group meets at 10am and Friday's contract bridge group meets at 9am.

### Walking Group

Meets every Thursday from 10am-12pm, except the first Monday of the month, 10am-1pm (bring a bag lunch). Visit different parks.

### Meet Me at the Movies

Meets the fourth Thursday of every month from 9am-12:30pm. Breakfast and movie included at Merrifield Theatre. See calendar for exact dates and movie titles.

### Blood Pressure

2nd and 4th Tuesday of every month from 10-11:30am

### Golden Age Bingo

Meets every Tuesday from 10am-1:30pm

### Bingo

Meets every Wednesday from 10am-2pm.

### Birthdays with Beryl

Join us on the 2nd Wednesday of the month at 12pm to celebrate all the birthdays in the month with tasty treats.

### Nutritionist

A nutritionist will provide healthy eating tips every 2nd Wednesday of the month at 12pm.

### Armchair Fitness

Exercise with us every Wednesday from 10am -10:30am.

### Crafts Group

A self-run group meets every Thursday from 12:30pm-2:30pm. Bring your own project or ideas for a group project.

### Mixed Trivia

Join Senior Center staff and test your knowledge on the 1st and 3rd Monday from 10am-10:45am.

### Rummikub Challenge

Come every Thursday from 10am-2pm and play a friendly game of Rummikub with friends and staff.

### Checkers Challenge

Every Wednesday at 10:30am

### Let's Share A Recipe

Please bring in the recipe for your special dish(es) that you would like to share with your friends at the Senior Center.





# Falls Church Senior Center

## SPECIAL SENIOR PROGRAMS

### January: Keeping Warm Party

Thursday, January 25th

### February: Valentine's Day Celebration

Wednesday, February 14th

### March: St. Patrick's Day Celebration

Thursday, March 15th

### April: Spring Fling

Thursday, April 19th

### May: Bingo Bash

Thursday, May 17th

### Senior Trips using Fastran Transportation



**Fee:** \$1 **Time:** 10:15-1pm (Call for more details)

**Shopping Trips:** January: Harris Teeter  
February: Wegmans  
March: World Market  
April: Shoppers Food Warehouse  
May: Trader Joes

**Recreation Trips:** January: Arlington National Cemetery (Women's Military Memorial)  
February: Freeman House in Vienna  
March: Crystal City Shops  
April: Old Town Alexandria  
May: Burke Lake Park

## LOOK OUT FOR UPCOMING SENIOR TRIPS

**January:** Charles Town Slots and Races  
National Gallery of Art

**February:** New D.C. Attractions

**March:** Potomac Mill Outlets

**April:** Cherry Blossoms Trip w/Picnic  
Trip to Mt. Vernon

**May:** National Arboretum  
Trip to Monticello

## Lunch Bunch

This group meets on the 2<sup>nd</sup> Monday of every month from 12:30-2:30pm. If using van transportation, van will leave at 11:45am. (\$1). Responsible for own meal.

Monday, January 8	Olive Garden
Monday, February 12	Peking Gourmet
Monday, March 12	Malibu Grill
Monday, April 9	Ruby Tuesday
Monday, May 14	Chevy's Mexican Restaurant

## Low Impact Aerobics

A mild cardio workout with a mind/body focus. Movement patterns drawn from low-impact aerobics, with influence from Pilates, yoga and dance.

**Instructor:** Kim Blackmon

**260405-A Location:** Community Room

**Class Dates:** Mondays, January 22-April 30  
(no class Feb 19, April 2&9)

**Time:** 9:15-10:15am

**Fees:** \$84 / NR: \$94

**Also See  
Armchair Yoga for  
Every Body  
Page 28**

## ENGLISH AS A SECOND LANGUAGE

**Winter/Spring Term** at Falls Church Community Center (223 Little Falls Street, Falls Church):  
January 17-March 28 (No class February 19)

Instruction in English for foreign speaking adults is offered Mondays and Wednesdays from 10am-12noon. Classes range from "survival" through intermediate, and emphasize speaking, reading, and writing.

**Registration for Winter-Spring session: January 2-5 at Falls Church City Public Schools Central Office**  
Monday-Friday from 8-4pm at 803 West Broad Street, Suite 320, Falls Church.  
**Registration deadline is January 29th.**

**FOR MORE INFORMATION ON ENGLISH AS A SECOND LANGUAGE CLASSES CALL Kate Seche at 703-248-5616**



## ARMCHAIR TRAVEL

**10:30am to 11:30am. Fourth Friday of each month.** Presented by staff from the Mary Riley Styles Public Library in conjunction with the Falls Church Senior Citizen Center. All programs held at the Community Center.

### January 26, 2007: Spain & Portugal

(Running time: 1.5 hours)

Visit Madrid and Toledo, Seville and Andalusia, Barcelona to Segovia, and Granada to Tangier—a few of the many Spanish sights you will enjoy. Then, we stop off in Portugal and visit castle ruins and fortified towers in Lisbon and the sunny climes of Lagos, where tourists are far more interested in getting a good tan.



### February 23, 2007: Destination Scotland

(Running time: 1 hour)

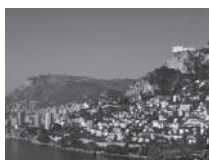
Traveler Megan McCormick starts our Scottish journey in Glasgow. After a brief stop on the Isle of Islay we make our way up the west coast to fish on the Isle of Skye. Our next port of call is the Orkney Island and then down to Edinburgh and the spectacular military tattoo. We'll try learning how to play the bagpipes, drink a "wee dram of whisky", and toss the caper at Highland Games. Who knows, we may even see the legendary Loch Ness monster!



### March 24, 2007: Visions of France – The Riviera

(Running time: 81 minutes)

The Riviera, or Cote d'Azur as the French call it, is one of the best-known resort areas in the world, fabled for its scenic beauty and romantic history. A helicopter-mounted camera offers unprecedented views of famous coastal enclaves and fabulous private estates, all enhanced by an informative narrative set to regional music.



### April 27, 2007: South African Safari

(Running time: 82 minutes)

From deserts to jungles and everything in between, South Africa's biodiversity is truly amazing for a nation its size. Nine out of ten tourists come to experience the country's incredible wildlife and spectacular scenery, and we'll be one of those 9. We'll safari from Kruger to the Kalahari and the Cape to the Karoo. Join us for the rhythm and spirit of the Swazi dancers, the train ride along the "garden route", and soar the heights of the Mountains of the Dragon. What an adventure!



### May 25, 2007: Visions of Greece – a poetic tour of this storied land

(Running time: 82 minutes)

A breathtakingly beautiful virtual tour shot in high definition from a helicopter-mounted camera. Lifting off from Athens, we embark on a modern odyssey as varied and dramatic as Greek history, exploring exotic islands, scattered like stones in the brilliant blue Aegean, ancient ruins, verdant hills, rocky coastlines, and timeless traditions. The dramatic view is enhanced by a soundtrack of traditional and modern Greek music and a narrative that celebrates Greek history and mythology.



### June 22, 2007: Inside the Vatican

(Running time: 90 minutes)

National Geographic, with unprecedented access, provides a rare glimpse inside the secret archives and private chapels of the Vatican. Privileged accounts from Vatican officials, historians, and devoted individuals who worked closely with Pope John Paul II provide insight into the remarkable history of the holy city and the unique traditions that have survived for nearly 2000 years.



## AARP Fifty Five Alive

A refresher-driving course for licensed drivers aged 50 & older. This course will review the different processes of driving for the older driver. A certificate will be issued at completion of the two-day course, which can be submitted to insurance. The State of Virginia mandates a discount in car insurance. Make checks payable to "AARP" for \$10.

**Instructor:** Tom Smith

**Location:** Falls Church Community Center

**Class Meets:** January 15 & 16

March 14 & 15

May 21 & 22nd

**Time:** Class meets on both days from 10am-3pm

**Fees:** \$10 (discounts are not given)



# Facility Rentals

**The Falls Church Recreation and Parks Department welcomes the opportunity to serve you as a rental patron. Rooms in the Community Center, picnic shelters, and the Cherry Hill Farmhouse are available for rent to residents and non-residents, businesses and civic organizations.**

Anyone wishing to rent space must fill out an "Application for Use of Facilities and Equipment" form, which is available at the Community Center. You may stop by and complete it or we will mail or fax it to you. Below are the general guidelines to follow when applying for rentals:

- Applicants must be at least 21-years-old.
- It is helpful to include set-up instructions and requests for any equipment that may be needed (example: number of tables and chairs, microphone, coffee pot, projector, etc.). Room layout diagrams are appreciated.
- Be sure to include your set-up and clean-up time in the reservation request. For example, if your event will be held from 2-4pm., you might need to get into the room at 1:30 to set-up your meeting materials or party decorations and then you would need a minimum of one-half hour afterwards to clean up, so your reservation request would be 1:30-4:30pm.

- Parties require a security deposit. The deposit will be returned if the rental facility is left in good condition and equipment is not damaged.
- Requests should be made as far in advance as possible. Requests to reserve gym space may be made up to one year in advance. Requests to reserve rooms may be made up to four months in advance. **It takes approximately five business days to process requests.** Reservations are not final until the Director approves the request. Staff will contact you as soon as the reservation is approved. Do not send out notices or invitations until your request is approved.

**For more information, visit [www.fallschurchva.gov](http://www.fallschurchva.gov) or call 703-248-5077. You can pick up a rental package at the Community Center, 223 Little Falls St.**



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